



## Chandler Unified School District #80

### Regarding Influenza (Flu)

Date:

Dear Parents/Guardian,

Influenza (Flu) has been reported in your student's class.

Influenza is a respiratory viral illness.

**Symptoms may include:**

- Fever
- Cough
- Sore throat
- Runny Nose
- Body Aches
- Headaches
- Fatigue
- Vomiting or Diarrhea (more common in children than adults)

Transmission occurs when a person has contact with secretions from the nose, mouth, and throat of an infected person. The secretions may be on surfaces or in infected droplets in the air.

Influenza can be spread prior to a person having any symptoms. Students with these signs and symptoms need to contact their healthcare provider for confirmation of illness and treatment.

**Incubation Period: 1-4 days**

**Contagious Period: 1 day before symptoms occur until 7 days after.**

**Recommended Actions:**

- Please notify your school's health office if diagnosed with Influenza
- Consider exclusion of cases until symptoms subside and the individual is fever free for at least 24 hours without the use of fever reducing medications.

**Prevention:** Proper hand washing with soap and water, covering coughs and sneezes, and staying home when you are sick. Cleaning Surfaces and shared items. Vaccination is best prevention method.

Above information from Arizona Department of Health Services.

Thank you,