



As you may have heard on the news, there has been a nationwide outbreak of the influenza virus, commonly known as the “flu”. California has been one of the hardest hit states. In order to keep our students and families as healthy as possible, please see the information included in this handout.

*How does the flu spread?*

The flu spreads through droplets when someone coughs, sneezes, or talks. It can also spread by touching surfaces with the flu virus on it.

*What are the symptoms of the flu?*

Symptoms include fever, cough, sore throat, runny/stuffy nose, body aches, headache, chills, vomiting, and diarrhea. Please keep your student home if they have any of these symptoms.

*How can I protect my student from the flu?*

The most important thing you can do is get the flu vaccine for your child and your family every year. Flu vaccines are recommended by the CDC for all children older than 6 months.

*In addition to the flu shot, try to help prevent the spread of germs:*

- Avoid sick people
- Keep your child home if they are sick
- Use a tissue to cover coughs and sneezes
- Wash hands often throughout the day with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, or mouth with your hands
- Disinfect home surfaces and toys to reduce germs

*If your child has these signs or symptoms, go to a doctor or emergency room right away:*

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not going to the bathroom or not making as much urine as they normally do
- Severe or persistent vomiting
- Not waking up or not interacting
- Flu-like symptoms improve then return with fever and worse cough
- Has other health conditions (such as heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough

If you have any questions, please contact your student’s health care provider or your student’s school.

Sincerely,

WPUSD Health Services