



# PUBLIC HEALTH FACT SHEET

## INFLUENZA (FLU)

Dear Parent:

This is to bring to your attention that a case of Flu has been reported for a student in your child's classroom and to provide you with information about this disease. If your child exhibits any of the symptoms described below, it is recommended that you consult your healthcare provider or the Department of Health in Duval County Epidemiology Program at 253-1850.

### **What is Influenza (Flu)?**

- A contagious viral illness

### **What are the symptoms of the flu?**

- Sudden onset of fever
- Nausea
- Vomiting
- Headache
- Chills
- Muscle aches and pains
- Sore throat
- Cough
- Decreased energy

### **How is the Flu spread?**

- Contact with a sick person who is sneezing and/or coughing
- Indirect contact from contaminated hands and articles soiled with nasal and throat secretions, such as tissues

### **How can the Flu be prevented?**

- Yearly flu vaccination
- Good, thorough hand washing
- Keep adults and children at home when sick
- Get plenty of rest
- Eat a healthy, well-balanced diet

### **Implications for school**

- Exclude students or staff
- May return when they are fever free for 24 hours without the use of fever reducing medication

Resources:

Centers for Disease Control and Prevention:  
[www.cdc.gov](http://www.cdc.gov)

American Academy of Pediatrics:  
<https://healthychildren.org/English/health-issues/conditions/abdominal/Pages/FoodPoisoning-and-Food-Contamination.aspx>