

Dear Parent or Guardian,

We want to inform you that someone in our childcare center/school has influenza, also known as “the flu.” The flu can spread a day before symptoms start and for about a week after.

*If your child becomes ill, please notify the school, and keep your child at home until they have been fever-free for 24 hours without the use of fever-reducing medications.*

To help prevent the spread of influenza, we urge you and your child to follow these steps:

- Watch for any symptoms of the flu such as fever, headache, extreme tiredness, dry cough, muscle and body aches, and weakness. Some people, especially children, may experience nausea, vomiting or diarrhea.
- Stay home when sick.
- Get vaccinated: Because the influenza virus changes each year, a dose of vaccine is needed annually. Everyone who is at least six months of age and older should get vaccinated every flu season.
- Wash your hands frequently with soap and warm water, especially before eating.
- Cover your nose and mouth with a tissue when you sneeze or cough and throw away used tissues.
- Wear a mask around others, even if you feel well, especially in crowds or around people who might be at higher risk.

If you have any questions about influenza, please talk to your healthcare provider or contact the Spokane Regional Health District’s Disease Prevention and Response division at 509.324.1442.

Sincerely,