

Lincoln Elementary

Independent School District #403
421 N Rebecca
Ivanhoe, MN 56142

Dear Parent or Guardian:

Your child may have been exposed to influenza ("the flu"). Influenza is a contagious, respiratory disease caused by an influenza virus. Influenza season most commonly starts in December and January and peaks in February and March.

What are the symptoms of influenza?

Symptoms of influenza often begin suddenly and include fever, headache, chills, body/muscle aches, extreme tiredness, cough, and sore throat.

How is influenza spread?

Influenza is easily spread from person-to-person through the air by coughing or sneezing. An infected person may spread influenza one day before having symptoms up to seven days after becoming ill. If your child has been infected, it may take up to 4 days for symptoms to start.

How is influenza treated?

Antiviral medications are available by prescription that may reduce the length of illness; consult your health care provider. Measures may be taken to help relieve the symptoms, which may include getting enough rest and drinking plenty of fluids. Over-the-counter medications, when used as directed or recommended by your health care provider, may lessen fever, headache, and muscles aches.

How do you control the spread?

- Annual flu vaccines are recommended, unless you have contraindication to the vaccine.
- Make sure adults and children wash hands frequently and thoroughly. Use plenty of plain liquid soap and warm water.
- Teach children to cover their noses and mouths with a tissue or their arm when coughing or sneezing. Dispose of tissue in wastebasket and wash hands.
- Avoid touching the eyes, mouth, or nose.
- Avoid close contact with people who are sick.
- Clean and disinfect commonly touched surfaces frequently.

Can child go to school?

- Keep your child home from school until 24 hours after fever is gone (without use of fever reducing medicine) & your child is healthy enough for routine activities.
- Please follow your health care provider recommendations.
- SEE Back of this page for Screening Tool from Minnesota Department of Health to evaluate flu-like symptoms in your child.

Thank you for your help in controlling the spread of influenza! If you have further questions feel free to contact the school health office at (507) 694-1540.

Michelle Schuelke, BSN, LSN
Lincoln Elementary



Vaccine-Preventable Disease Surveillance
PO Box 64975
St. Paul, MN 55164-0975
651-201-5414 or 877-676-5414
www.health.state.mn.us/immunize

Flu Symptom Screening Tool for Parents and Caregivers

Use this questionnaire each day your child is sick with flu-like symptoms and follow the instructions for when to keep the child home and what to tell the child's school.

Does your child have:

1. Fever of 100° F or higher? ☐ Yes ☐ No
(Take the child's temperature before giving him/her fever-reducing medicine, like Tylenol.)
2. Sore throat? ☐ Yes ☐ No
3. Cough? ☐ Yes ☐ No

Should I Keep My Child Home?

- If you checked "yes" for fever AND one of the other symptoms, keep your child home for at least 24 hours after his or her fever is gone without fever-reducing medicine. For many children this will be 5 to 7 days. Your child should feel well enough to participate in school before returning. If you have questions about your child's health or symptoms, call your child's doctor or clinic.
- If your child has been diagnosed by a doctor or clinic with a different disease, such as strep, follow your doctor or clinic's recommendation and school policy for when to return to school.

What Should I Tell My Child's School?

- If you checked "yes" for fever AND one of the other symptoms, tell the school that your child is home with influenza-like illness.
- If your child has been diagnosed by a doctor or clinic with a different disease, such as strep, tell your child's school.