



Dear Parents,

Influenza activity is widespread in Maine with laboratory confirmed influenza reported in all counties. We are beginning to see moderate activity in our schools. Influenza vaccine is still strongly recommended by the CDC and is widely available. As we strive to keep everyone healthy at school, it is important that students and adults who are sick NOT go to school, work, or social activities. The following checklist can help determine if someone has the flu.

Does my child have the flu?

- | | | |
|------------------------------|-----------------------------|---------------------------------------|
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Does your child have a fever of 100 + |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Does your child have a cough? |
| <input type="checkbox"/> Yes | <input type="checkbox"/> No | Does your child have a sore throat? |

Should I keep my child home?

If you checked yes to: Fever of 100 degrees or more
And
A cough **or** a sore throat

Your child has an influenza-like illness. Keep your child home for 24 hours after the fever resolves without the use of medication.

If you checked yes to only one of the questions above, or if your child is ill with other symptoms, keep your child at home at least one day to observe for additional symptoms. If additional symptoms develop, use the checklist questions again to decide whether to continue to keep the child home.

When should my child go to the doctor?

Call your doctor or seek medical care if your child has trouble breathing or has behavior changes including changes in eating or drinking habits. Call your health care provider if your child is ill enough that you would normally seek health care advice.

To protect yourself and others from the flu:

- Wash your hands frequently with soap and water, but especially after coughing and sneezing. Alcohol-based hand gels can also be used.
- Avoid touching your nose, mouth, and eyes. Germs can spread this way.
- Get vaccinated against the flu. This year's flu vaccine appears to be a good match to the circulating strains, and it is not too late to get vaccinated. Flu vaccine is available through health care providers and local pharmacies. To find a flu clinic, search your zip code on <http://flushot.healthmap.org/> or <http://www.cdc.gov/flu/> or search the listings on 211maine.org.
- Stay home when you are sick and 24 hours after fever resolves without the use of fever reducing medications.

Please feel free to call Karen Michaud R.N. at 934-4848 or Janet McLaughlin R.N. at 934-2891 or see www.maineflu.gov for additional information.