

## Stay Healthy During Flu Season

### Dear SUHSD Students, Families, & Staff,

The Shasta County Public Health Department is reporting that California is experiencing high flu activity including 27 confirmed flu deaths. One of those deaths occurred in Shasta County. Local emergency departments are also reporting an increase in patients with flu-like symptoms.

With Flu activity increasing, we all need to take precautions to avoid catching/spreading the virus. The following information is provided by the Shasta County Public Health Department & CDC.

### Is it the Flu?

Influenza (flu) symptoms include sudden high fever, headache, dry cough, chills and/or severe body aches and fatigue. Colds typically do not have fever, headache or severe body aches. Colds typically do have runny nose, sneezing, and a wet/productive cough, which are uncommon with the flu. In many cases, flu symptoms start suddenly within a few hours. There are also a number of other respiratory viruses circulating in Shasta County now that are not the flu. **In order to keep the flu or other cold viruses from spreading, please keep your ill students home.**

Those who show flu symptoms (see below) should contact their physician immediately to get testing and effective treatment promptly, if needed, which may include anti-influenza medications like Tamiflu (best within 2 days of symptom onset). Tamiflu can also be used as a preventive measure for people at high risk of flu complications.

For more information please visit the Shasta County Health and Human Services website or [www.cdc.gov/flu](http://www.cdc.gov/flu)

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### What are everyday preventive actions?

- Try to avoid close contact with sick people.
- **If you or your child gets sick with flu-like illness, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone. The fever should be gone without the use of a fever-reducing medicine.**
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the used tissue in the trash.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs.

### Get Your Flu Shot

It is still a good time to get the flu shot. Flu vaccination is recommended for everyone six months of age or older. Even if flu vaccine effectiveness is limited this year, immunization can reduce illness severity and hospitalization.