



Dear Parent or Guardian,

Your child may have been exposed to influenza (the flu). This highly contagious respiratory infection is caused by exposure to an influenza virus.

Symptoms of influenza include the sudden onset of a high fever, cough, headache, extreme tiredness and muscle aches. Children may also have nausea, vomiting, and diarrhea. A few days later the symptoms include a dry cough, sore throat, and a runny or stuffy nose.

The influenza virus is spread through droplets released when a person coughs or sneezes. Always remind children to cover their nose and mouth when they cough or sneeze and to wash their hands thoroughly with warm water and soap afterwards. Also remind them not to touch their nose, eyes, or mouth to help keep germs out of their bodies. Flu shots are another effective way to help prevent influenza. Talk to your health care provider about receiving a flu vaccine.

If your child has symptoms of influenza, contact your health care provider. Please notify your child care provider immediately after a diagnosis of influenza is made. Keep ill children home if they have any of the above flu symptoms for at least 24 hours. You can also contact the Snohomish Health District's Communicable Disease Outreach program at 425.339.5278 for assistance.

*This letter was printed from the Snohomish Health District's website. If your child's caregiver has provided you with this notice and you have additional questions, call Communicable Disease Outreach at 425.339.5278. This letter is reviewed annually. This document is not valid after 06/2012.*