



Lincolnshire-Prairie View School District 103
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INFLUENZA NOTICE: FLU SEASON IS HERE!

A case of diagnosed Influenza has been reported in your child's classroom.

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

It is important to note not everyone with the flu will have a fever.

If your child is ill, please be aware of the following guidelines:

- They should be free of a temperature for at least 24 hours without medication before returning to school.
- Follow up with your health care professional and notify the school if your child is diagnosed with the flu.
- Your child should be able to resume daily activities when returning to school. If they cannot, they may need that extra day or two to rest.

Thank you for your cooperation.

