



School District of Spring Valley

Home of the Cardinals

Parents/Guardians of Spring Valley School District

This letter is to inform you that there have been several confirmed cases of Influenza A in our district. The following is some information about influenza.

It is important to understand that not every student that exhibits the symptoms listed below will be positive for Influenza. We recommend you keep your students home from school if they are ill to help stop the spread of this virus.

What is Influenza?

Influenza or "flu" is a respiratory disease caused by two main types of the virus- type A and type B. It is a seasonal illness that occurs each winter in Wisconsin and throughout the United States.

How is Influenza spread?

Influenza is spread from person to person when droplets of moisture from a person with Influenza are spread through the air when that person coughs, sneezes or talks. Droplets contain the virus that, when inhaled by another person, can cause infection.

What are the symptoms of Influenza?

Symptoms include fever, chills, headache, dry cough, and aching in the muscles and joints. Most people recover within a week after they become ill, although they may continue to feel tired for several days.

How soon do symptoms appear?

Symptoms appear typically 1 to 3 days after exposure to respiratory droplets from an infected person.

How long is an infected person able to spread Influenza?

An infected person can spread Influenza virus in discharge from their nose and throat from 24 hours before onset of illness to 3-5 days after onset of illness. Young children and person with a weakened immune system can spread the virus for 7 days or longer.

How is Influenza diagnosed?

Diagnosis is typically based on the appearance of symptoms of influenza and coupled with confirmation of disease, which can be done in a medical visit via nasal or throat swab, or blood testing.

How is Influenza treated?

Visit our web site at www.springvalley.k12.wi.us

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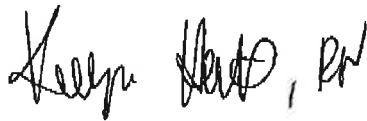
Anti-viral drugs are available with a physician's prescription. These may reduce the severity of the disease caused by Influenza if therapy is started early in the course of illness (within 48 hours of the beginning of symptoms). Otherwise, treatment involves rest, increased fluids, and pain relieving medication to help reduce discomfort of illness.

How can we prevent Influenza?

The most effective way to stop the spread of illness is frequent hand washing or use of hand sanitizer. The Influenza vaccine is also a good measure of prevention and it is best to get the vaccine in October or November.

Any questions or concerns, please contact us. We ask that if your student is confirmed positive for Influenza A or B, you notify us as soon as possible.

Sincerely,



Kellyn Houlton, RN, BSN

District Nurse



Sue Christenson, LPN

School Nurse