FLU INFORMATION

The State of New Jersey is currently in the grips of one of the worst flu seasons in recent memory. With this in mind, the Verona School district urges all our families to be aware of symptoms and take precautionary/preventive measures. Please read the following information from the Center for Disease Control and Prevention (CDC). For more information visit the CDC website: www.cdc.gov

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CDC recommends a three-step approach to fighting influenza (flu). The first and most important step is to get a flu vaccination each year. But if you get the flu, there are prescription antiviral drugs that can treat your illness. Early treatment is especially important for the elderly, the very young, people with certain chronic health conditions, and pregnant women. Finally, everyday preventive actions may slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

How does the flu spread?

Flu viruses are thought to spread mainly from person to person through coughing, sneezing, or talking to someone with the flu. Flu viruses also may spread when people touch something with flu virus on it and then touch their mount, eyes, or nose. Many other viruses spread this way too.

People infected with flu may be able to infect others beginning one (1) day **before** symptoms develop and up to 5-7 days **after** becoming sick. That means you may be able to spread the flu to someone else before you know you are sick, as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

What are everyday preventive actions?

Everyday preventive actions are steps that people can take to help slow the spread of germs that cause respiratory illness, like flu. These include the following personal and community actions:

- Cover your nose and mouth with a tissue when you cough or sneeze. This will block the spread of droplets from your mouth or nose that could contain germs.
- 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.
- Try to avoid close contact with sick people.
- If you or your child gets sick with a respiratory illness, like flu, limit contact with others as much as possible to help prevent spreading illness. Stay home (or keep your child home) for at least 24 hours after fever is gone except to seek medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine.
- If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

What can you do to help?

- Please provide your child with a supply of tissues.
- Remind your child of the importance of good hand washing.