



"To Live, To Love, To Learn, To Leave a Legacy"

## Influenza Information

It is that time of year again: Flu Season. We haven't yet seen any confirmed cases here at STRIDE, so now is the perfect time to get prepared. The CDC recommends that everyone 6 months of age and older should get the flu vaccine every season.



As long as flu is circulating,

**IT'S NOT TOO LATE TO GET VACCINATED.**

Vaccination to prevent influenza is particularly important for people who are at high risk of serious [complications from influenza](#). It takes approximately 2 weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection, it is best that people get vaccinated so they are protected before influenza begins spreading in their community.

**Not sure about getting vaccinated or still have questions, try looking here:**

<http://www.cdc.gov/flu/about/qa/misconceptions.htm>

### IS IT THE FLU?



In order to keep our students & staff healthy and to comply with MN State guidelines we do track the number of students with influenza or *influenza-like* symptoms. **It is important that you contact the school if your child is diagnosed with influenza or has symptoms of influenza-like symptoms.**

*We have included a guide to help you determine when to contact the school.*

### HEALTH SERVICES:

We can be reached by phone at **(320)230-5340 ext 6945.**

Feel free to leave a detailed message as our voicemail is confidential.

Symptoms	Cold	Flu
Body aches	Not usually	Almost always, often severe
Congestion, runny nose, sore throat, sneezing	Almost always	Sometimes
Exhaustion	Sometimes, but never extreme	Almost always, usually extreme
Fever	Not usually	Almost always
Headache	Sometimes	Usually
Location of symptoms	Above the neck	Entire body
Typical duration	About a week	One to three weeks

**Prefer email? Send us a note at: [healthservices@strideacademy.org](mailto:healthservices@strideacademy.org)**

## Influenza Symptom Screening Tool for Parents and Caregivers

Use this questionnaire each day your child is sick with influenza-like symptoms and follow the instructions for when to keep the child home and what to tell the child's school.

### Does Your Child Have:

Fever of 100° F or higher?  Yes  No

(Take the child's temperature before giving him/her fever-reducing medicine, like Tylenol.)

Sore throat?  Yes  No

Cough?  Yes  No

### Should I Keep My Child Home?

- If you checked "yes" for fever AND one of the other symptoms, keep your child home for at least 24 hours after his or her fever is gone without fever-reducing medicine. For many children this will be 5 to 7 days. Your child should feel well enough to participate in school before returning. If you have questions about your child's health or symptoms, call your child's doctor or clinic.
- If your child has been diagnosed by a doctor or clinic with a different disease, such as strep, follow your doctor or clinic's recommendation and school policy for when to return to school.

### What Should I Tell My Child's School?

- If you checked "yes" for fever AND one of the other symptoms, tell the school that your child is home with influenza-like illness.
- If your child has been diagnosed by a doctor or clinic with a different disease, such as strep, tell your child's school.

Minnesota Department of Health  
Vaccine-Preventable Disease Section  
PO Box 64975  
St. Paul, MN 55164-0975  
651-201-5414  
[www.health.state.mn.us](http://www.health.state.mn.us)

To obtain this information in a different format, call: 651-201-5414.