

Dear Parent/Guardian:

A number of Durand School District 322 students have been identified with flu type symptoms. Influenza is an acute, contagious respiratory infection characterized by the sudden onset of fever from 100 degrees to 103 degrees, chills, headache, muscle aches, fatigue, sneezing, cough, and sore throat. The incubation period is 1 to 3 days and once infected usually lasts 2 to 7 days. These symptoms have spread rapidly among our students affecting 58% of the first grade student population and over 50% of the kindergarten student population within a two day time span.

Treatment of influenza is symptomatic, with forced fluids, bedrest, administration of fever and pain reducing medications as well as nasal decongestants. Immediate medical attention should be sought if your student experiences fast or difficult breathing, bluish skin color for light skin tones and grayish skin color for darker skin tones, persistent vomiting, lack of interaction or responsiveness, signs of dehydration such as dizziness/lack of urine or tears/irritability, fever with a rash, seizures, or if flu like symptoms improve but then return with a fever and worse cough.

The Winnebago County Health Department has been contacted and now requires Durand Schools to follow the CDC additional requirements during times of increased influenza severity. The following guidelines are now being implemented:

1. Active screening for illness: At the beginning of the school day, all students and staff will be asked about suggestive symptoms such as fever, cough, runny nose, and sore throat during the previous 24 hours. As always, parents should be aware of their child's health status and monitor them for illness every morning before school. Durand schools currently have procedures in place to accomplish this in an efficient manner.
2. Permit high-risk students and staff to stay home. The decision about whether to stay at home should be made in consultation with their health care provider. High-risk students who elect to stay home should also attempt to decrease their exposure in other ways for example, by avoiding large public gatherings. Well students should be expected to continue their education while at home as much as possible.

3. Students or staff members with ill household members stay home. Students or staff members who live with people with influenza-like illness should remain **home for 5 days from the day the first household member got sick**. This is the time period they are most likely to get sick themselves. The greatest risk of transmission is during the first 5 days of illness of the first ill household member. Keeping all students or staff members in the household at home during this time period may also keep the virus from being spread to others outside the home. If a household member develops influenza symptoms during this time, the recommendations for exclusion of persons should be implemented. The five-day period does not need to start again for other well children in the household.

Example: If a student was absent with influenza symptoms on Thursday, October 8, and no household member was sick, the student and siblings could return to school on Tuesday, October 13, 2009. If a student was ill on Friday or went home from school on Friday with the illness, the student could not return to school until Wednesday October 14, 2009.

Durand Schools encourage you to follow progress and recommendations on the www.durandbulldogs.com website. We appreciate your patience and assistance during this time. We will communicate any changes in the future.

Thank you,

Durand Administration