

Symptoms of FLU: Fever, Cough, Sore Throat, Body Aches, Chills, Runny or Stuffy nose, Headache, Fatigue.

As a reminder, the flu is a contagious respiratory illness caused by the influenza virus. It can be spread from person-to-person through the air by coughing or sneezing or by touching an infected surface and carrying it to your nose or mouth.

If your child develops flu-like symptoms, keep them home from school until at least 24 hours after they no longer have fever without the use of medicine. We recommend consulting with a doctor and making sure your child gets plenty of rest and fluids.

To learn more about the flu virus and prevention methods, visit <https://www.cdc.gov/flu/about/index.html>.