

Exposure Notice to Families - Influenza



Dear Family:

Your child may have been exposed to **influenza** (“the flu”). A highly contagious, respiratory disease caused by a virus.

What are the symptoms? Fever, headache, chills, body/muscle aches, fatigue, dry cough and sore throat. Symptoms usually begin suddenly.

How is it spread? Person to person through the air by coughing or sneezing. Surfaces and hands contaminated with secretions can also spread the virus.

When do symptoms start? 1 to 3 days after exposure.

Need to keep child home? Yes. Child may return to school once symptom free for 24 hours.

Aspirin should be avoided – use a non-aspirin medication, such as Tylenol.

If your child presents with any of these symptoms please consult with your healthcare provider and notify your child’s Head Start/ECEAP center.

Staff _____ Phone _____

Center _____