



325 So. Peck Ave. * Manhattan Beach * California 90266 * (310) 318-7345 * FAX (310) 303-3822

January 15, 2015

Dear Parents,

Influenza (Flu) in our community tends to peak during the winter months. As you may have heard on the news, about half of the country is experiencing high levels of flu activity. It is expected that California will have similar flu activity in the weeks to come.

The best prevention against the flu is still the seasonal flu vaccine. It is not too late to get your flu vaccine! Many doctor's offices and pharmacies have vaccine available now.

We want you to protect yourself and your family against the flu. Here are some ways to prevent the spread of illness and take care of your family.

- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours *after* they no longer have fever without the use of fever reducing medication, vomiting or diarrhea. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school *will be sent home*.
- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Instruct your children to cover up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Vaccine is available to private physicians and pharmacies.** We encourage you to contact your personal health care provider for advice regarding a vaccination for your child and the use of anti-viral medication at the first sign of flu symptoms.

Kristin Walz, RN, PHN
MBUSD District Nurse
310-318-7345 x 5931

Tami Simmons, RN, PHN
MBUSD District Nurse
310-318-7345 x 5932

For more information, you may visit www.flu.gov, www.publichealth.lacounty.gov