



January 11, 2019

Dear Parents and Teachers:

It is cold and flu season. We are receiving reports of increased flu and respiratory illness. Please help slow the spread of illnesses like colds, strep throat, and influenza (flu).

Influenza causes more hospitalizations among young children than any other vaccine-preventable disease. **The single best way to protect against seasonal flu and its potential severe complications is for children to get a seasonal influenza vaccine each year. Flu vaccination is recommended for all children aged 6 months and older.**

CDC encourages everyone to take these everyday preventive measures:

- If you or your child becomes sick with flu-like illness, CDC recommends:
  - You (or your child) stay home for at least 24 hours after the fever is gone except to get medical care.
  - The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others to keep from infecting them.
  - Try to avoid close contact with sick people.
- Wash your hands often with soap and water.
  - If soap and water are not available, use an alcohol-based hand rub.
- Cover your nose and mouth with a tissue when you cough or sneeze.
  - Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs.

Parents should consult with a physician regarding ongoing health concerns and report to the emergency room if a family member has difficulty breathing.

For additional information or for your child to receive an influenza vaccine, contact your family physician or call the City of Menasha Health Department at (920) 967-3520.

Sincerely,

Nancy McKenney, RDH, MS, Public Health Director  
City of Menasha Health Department

#### References

<http://www.cdc.gov/flu/school/index.htm>  
<http://www.cdc.gov/flu/parents/>  
<http://www.cdc.gov/ounceofprevention/> /  
<http://www.cdc.gov/features/evd68/>