Across the U.S., this has been a particularly challenging year for common seasonal illnesses such as the flu. Our teachers and staff are working diligently to create healthy environments that support continued high-levels of student learning and reduce the spread of germs.

**What is the flu?**

The flu is a highly contagious viral infection caused by Influenza viruses. The flu appears most frequently in winter and early spring. Common symptoms include sudden onset of fever, headache, sore throat, cough, muscle aches and fatigue. [Learn more about the flu >>](#)

**How is it spread?**

Influenza is highly contagious and is spread person to person by droplets made when people sneeze, cough or talk, and is inhaled by people in close proximity. You can also get the flu by touching a surface infected with the Influenza virus and touching your own mouth or nose.

**How long can the Influenza virus live on objects, such as doorknobs, tables and desks?**

The Influenza virus can live up to 24 hours on surfaces. Regularly cleaning desks and other surfaces can help reduce the spread. [Click here to learn more about cleaning tips to prevent the flu >>](#)