



# COLLIN COUNTY HEALTH CARE SERVICES

## Epidemiology and Surveillance

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### INFLUENZA ACTIVITY IN COLLIN COUNTY

DATE: January 13, 2013

TO: School Staff and Parents or Guardians of Students

Influenza activity in Collin County has been increasing in recent weeks. With this increased activity it is expected that cases of influenza-like illnesses may be increasingly reported in students and staff. The health and safety of all children are a priority for each school district. The school communities need your help to prevent cases of flu in students and staff.

#### **Please consider the following Texas Department of State Health Services recommendations:**

- Be on the lookout for symptoms including fever, a dry cough, sore throat, body aches, fatigue, and nasal congestion in not only your child, but everyone in the household.
- Staff and children with symptoms of influenza should stay at home. Staying home is the best way to prevent the flu spreading to others.
- Children with symptoms of flu should not return to school until they no longer have fever for at least 24 hours without the use of fever-reducing medications. Please notify the school if your child is absent with influenza-like illness.
- Most people who develop influenza will recover on their own and do not need medication. Those who have symptoms are encouraged to drink plenty of clear fluids to keep from becoming dehydrated.
- If you or your child is having difficulty breathing or chest pain, has altered mental status or confusion, is vomiting and unable to keep liquids down, or is getting worse, contact a healthcare provider and seek medical care immediately.
- The best way to keep from getting influenza is to get the vaccine each year along with proper hand washing. Remind household members to wash their hands thoroughly with soap and water and to cover their cough with their elbow or sleeve, and to avoid touching their face.

Please visit the Department of State Health Services <http://www.dshs.state.tx.us/idcu/disease/influenza/> or the Centers for Disease Control and Prevention <http://www.cdc.gov/flu/> for more information regarding flu. If you or your physician has any questions, please contact the Collin County Health Care Services Epidemiology Department at 972-548-4707.