

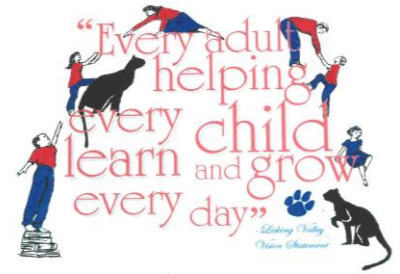
Licking Valley Elementary School

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Dear Parents/Guardians:

There has been an increased amount of high fevers and flu like symptoms at the Elementary school. In an effort to prevent the spread of Influenza (flu), we wanted to provide you with some information to help determine if your child may have the flu.

Here are some helpful hints in determining whether your child has the cold or flu:

<u>Symptom:</u>	<u>Cold</u>	<u>OR</u>	<u>Flu</u>
Fever	Rare		High (102-104F) lasts 3-4 days
Headache	Rare		Prominent
Aches and Pains	Slight		Usual, often severe
Fatigue, weakness	Mild		Can last 2-3 weeks
Extreme exhaustion	Never		Early and prominent
Stuffy nose	Common		Sometimes
Sneezing	Usual		Sometimes
Sore throat	Common		Sometimes
Chest discomfort, cough	Mild to moderate		Common, can become severe hacking cough

Influenza can cause mild to severe illness and can be fatal. Some groups of people are at greater risk for complications with the flu. These groups include the very young, the very old, pregnant women, and those with chronic illnesses. If these individuals have these symptoms, they should contact their healthcare provider as soon as possible.

If you or your child has any of these flu symptoms and a fever, you should stay home until fever free for 24 hours **without the use of fever-reducing medication.**

**Note: Do not give children 18 years of age or younger aspirin when they have flu symptoms due to the risk of Reye's Syndrome. Instead, use one of the other fever/pain reducing medications such as acetaminophen or ibuprofen.*

Thank you,

Jamie Wilson, BSN, RN
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