
SUBJECT: Influenza
Date issued: January 17, 2020
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To: Parents and Staff
From: Control of Infectious Diseases Team, Public Health

There has been one case of lab-confirmed influenza reported at Elora Public School.

What is influenza (flu)?

Influenza is a respiratory infection that is caused by a virus, and is much more serious than the common cold. It should not be confused with the “stomach flu” which causes nausea and vomiting (gastrointestinal illness).

What are the signs and symptoms of influenza?

- Runny nose
- Sore throat
- High fever
- Headache
- Muscle aches
- Coughing
- Fatigue

How does influenza spread?

Influenza is spread by breathing in droplets that are sprayed into the air when an infected person sneezes, coughs, or talks. It can be spread by direct contact with discharge from an infected person’s mouth, nose, and throat, or through contact with objects used by an infected person.

What can parents do?

- Get your child immunized annually with influenza vaccine. Call your doctor or Public Health to get information about the shot.
- Watch for signs and symptoms of influenza. If your child develops symptoms, call your family doctor.

What are some ways to prevent other types of illness?

- Good hand washing is the best way to stop the spread of disease. Clean your hands often with soap and water or an alcohol handrub. This is most important before you prepare and eat food, and after you cough, sneeze, or wipe a nose.
- Cover your mouth when you cough or sneeze.
- Do not share food, drinks, toothbrushes, musical instruments with mouthpieces, or eating utensils. Sports teams should not share water bottles or mouthguards
- If you have symptoms of illness avoid direct saliva contact with others (e.g., kissing).

When can my child return to school?

Children with influenza may return to school when they are well enough to participate in all program activities.

For more information, refer to contact or website:

Call: Control of Infectious Diseases Reporting Line

Contact: 519-822-2715 or 1-800-265-7293 ext. 4752 / www.wdgpulichealth.ca