

# MFL MARMAC COMMUNITY SCHOOL DISTRICT

MONONA, FARMERSBURG, LUANA, MARQUETTE, MCGREGOR



December 11, 2023

**Dear Parent/Guardian,**

Our school is seeing several students who have confirmed cases of Influenza in a variety of grades. Influenza (flu) is thought to spread mainly from person to person through droplets made when people cough, sneeze, or talk. Less often, a person might get the flu by touching a surface or object that has the flu virus on it and then touching their own mouth, nose, or possibly eyes. Many other viruses spread the same way. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5 to 7 days.

## **Symptoms**

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

## **What are everyday preventive actions?**

- Avoid close contact with people who are sick.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- For flu, CDC recommends that you (or your child) stay home for at least 24 hours after fever is gone except to get medical care or for other necessities. Fever should be gone without the use of a fever-reducing medicine. The stay-at-home guidance for COVID-19 may be different.
- In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in your community. Follow those instructions.

Emily Kinley, RN  
MFL MarMac District Nurse  
[emily.kinley@mflmm.k12.ia.us](mailto:emily.kinley@mflmm.k12.ia.us)