



# BARRON COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES



February 7, 2017

Dear Parents,

Barron County Schools and Public Health monitor how many children miss school due to being sick. We are seeing very high numbers of children missing school because they are sick. Several children in different schools have tested positive for influenza and many have symptoms of influenza. Symptoms of influenza include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, tiredness and sometimes children will also have vomiting and diarrhea.

Your help is needed to stop the spread of this illness. It is important to:

- Keep your children home if they are sick. A child with symptoms of influenza should stay home for at least 24 hours after their fever has ended. The fever should be gone without using fever reducing medicine.
- Encourage children to sneeze or cough into a tissue or their sleeve.
- Wash hands a lot with soap and water for as long as it takes to sing the ABC song. If you cannot wash your hands use an alcohol based hand rub.
- Teach your children to not touch their eyes, mouth, or nose. Germs spread this way.
- Stay away from people who are sick.
- Vaccinate your children for influenza. Public Health and your medical provider still have vaccine. It's not too late to vaccinate!
- Some children are at a high risk for serious flu related complications. Children younger than 5 years old and children with certain chronic conditions (such as asthma, diabetes, and disorders of the brain or nervous system) are at more risk for serious complications. They may need to take antiviral medicine. Contact your doctor right away when symptoms start to see if they need this medicine.

More information can be found at [www.cdc.gov/flu](http://www.cdc.gov/flu) or <https://www.dhs.wisconsin.gov/influenza/index.htm> or by contacting your medical provider or public health at 715-537-5691, press 2.

Your cooperation is needed to keep your child and others healthy!

Sincerely,

Laura Sauve, BSN  
Barron County Health Officer