



February 25, 2020

Dear Parents and Guardians:

CG Public Health is continuing to see an increase in influenza activity in the county. Most of the schools and childcare centers are continuing to report influenza activity and are taking extra steps to slow further spread of illness.

While the schools and childcare centers are working very hard to decrease the spread of illness, we are asking you as parents and guardians for help by following these healthy habits to prevent the spread of influenza:

- Stay home when you are sick. This means only leaving home to seek medical treatment if needed.
- Avoid close contact with people who are sick.
- Cover your mouth and nose with your elbow when coughing or sneezing.
- Wash your hands frequently with soap and water for 20 seconds.
- Avoid touching your eyes, nose, and mouth with your hands.
- Clean and disinfect frequently touched surfaces since the virus has been known to live on surfaces up to 8 hours.

Symptoms typically appear within 24-72 hours from exposure, with the illness lasting two to five days. People with the flu may be able to spread the virus one day before getting sick and up to five to seven days after the onset of illness.

Influenza Signs & Symptoms

Fever or Chills
Sore Throat
Cough
Runny or Stuffy Nose
Muscle or Body Aches
Headache
Tiredness

Flu vaccines are still available and CG Public Health will have flu vaccine available for anyone six months and up through the end of June. While the flu vaccine may not be 100% effective at preventing the flu, it can reduce the severity and length of illness.

Thank You!

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