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Dear Parents,

Influenza (Flu) in our community tends to peak during the winter months. The best prevention against the flu is still the seasonal flu vaccine. Please check with your physician and local pharmacies for availability.

We want you to protect yourself and your family against the flu. Here are some ways to prevent the spread of illness and take care of your family.

- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100.4 degrees Fahrenheit, 38 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** if any new illness or symptom prevents them from participating meaningfully in routine activities.
- **With Respiratory Virus okay to Return when** child has been fever-free for 24 hours without the use of fever reducing medication and symptoms are improving.
- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Instruct your children to cover up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Vaccine is available to private physicians and pharmacies.** We encourage you to contact your personal health care provider for advice regarding a vaccination for your child and the use of anti-viral medication at the first sign of flu symptoms.

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For more information, you may visit www.flu.gov, www.publichealth.lacounty.gov