



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

September 20, 2011

Dear Parents,

The Champaign-Urbana Public Health Districts would like to remind you that influenza (flu) season is quickly approaching. Please take the following steps to protect your family this flu season.

Influenza is primarily spread from person to person through coughing and sneezing. This can happen when droplets from coughing and/ or sneezing of an infected person travel through the air and reaches the mouth or nose of people nearby. Sometimes flu can be spread when a person touches droplets, nose drainage or saliva from an infected person, or a soiled object, and then touches one's own (or someone else's) nose or mouth before washing hands.

Therefore, we are taking the necessary steps to reduce the spread of flu by asking parents to assist us with the following:

- Teach your children to wash their hands often with soap and water or an alcohol-based hand rub.
- Teach your children not to share personal items like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues.
- Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 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 for at least 24 hours after they no longer have fever or do not have signs of fever, without using fever-reducing drugs.

Remember the 3C's: Clean your hands, Cover your cough, Contain- stay home when you're sick and don't forget to get vaccinated. If you have questions or concerns, I can be reached at (217) 531-5361 or by email at rthompson@c-uphd.org

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