

Information from the School Nurse

The Center for Disease Control and Prevention defines flu or influenza illness as having the following symptoms:

1. Fever of 101.5 or higher AND ONE OF THE FOLLOWING
2. Cough
3. Sore Throat
4. Headache
5. Muscle Ache

FLU IS A DISEASE OF THE LUNGS. IT IS NOT A DISEASE OF THE STOMACH OR BOWEL THAT CAUSES VOMITING OR DIARRHEA.

Flu Terms Defined:

1. Seasonal Flu---sometimes called the common flu---this illness is easily spread from one person to another.
There is a yearly vaccine made available to prevent the spread of serious illness . Most people have some immunity to these viruses.
1. Avian Flu--- or bird flu---is caused by influenza viruses that occur naturally among wild birds. The H5N1 virus is deadly to domestic fowl and can be transmitted from birds to humans. There is no human immunity and no vaccine.
2. Pandemic Flu--is a human flu that causes a global outbreak called a pandemic. It is a serious illness because people have very little if any natural immunity and the disease spreads quickly from one person to another. Currently there is no pandemic flu.