

Health Alert from Nurse Bugbee
February 23, 2011

Please monitor your child for fever, any elevation over 100.0 is considered a fever, and your child must be fever free for 24 hours without use of acetaminophen or ibuprofen before returning to school. Please understand that even if your child did receive a flu shot that it is still possible to get "the flu", although the severity is probably reduced.

Flu seasons are unpredictable in a number of ways. Although epidemics of flu occur every year, the timing, severity, and length of the epidemic depend on many factors, including what flu viruses are spreading, how well the flu vaccine is matched to the flu viruses that are causing illness, and the number of people who are susceptible to the circulating flu viruses. The timing of flu can vary from season to season. In the United States, seasonal flu activity most commonly peaks in January **or February**, but flu viruses can cause illness from **early October to late May**. In 2009-2010, a new and very different flu virus (called 2009 H1N1) spread worldwide, causing the first flu pandemic in more than 40 years. During the 2010-2011 flu season, CDC expects the 2009 H1N1 virus to cause illness again, along with other influenza viruses.

Flu viruses are thought to spread mainly from person to person through coughs and sneezes of infected individuals. People may also become infected by touching something with flu virus on it and then touching their mouth, nose, or eyes. Many respiratory infections spread from person to person and cause symptoms **similar to those of flu**.