

Hello Harrisburg Families!

It is that time of year again! It is time for the return of cold weather and an increase in cold and flu viruses. Please review the flu information from the CDC that is included with this letter.

Symptoms of flu include:

- fever (usually high). **Children are excluded from school until their temperature is less the 100 degree without fever reducing medications.**
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

The school district is not coordinating a flu shot clinic with Avera Harrisburg this year. Please contact your health care provider for this very important vaccine. Many local physician office's and pharmacies offer a walk-in flu vaccine clinic. Your provider will be able to direct you to the one most convenient for you.

Please call your health office staff with any questions or concerns.

Sincerely,

Health Office Staff

