

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

Celeste Philip, MD, MPH
Interim State Surgeon General

Vision: To be the Healthiest State in the Nation

February 10, 2017

Dear Parents/Guardians,

Florida is experiencing a rise in the number of confirmed Influenza cases and we are seeing a rise in Influenza like illness in our schools. Symptoms such as Fever, Cough and Sore throat are common signs of Influenza. The best way to prevent influenza is to get a Flu shot. It is not too late to do so. For the last three years we have seen at least one outbreak of Flu in our local area in March. Remember aside from just missing time from school and work, Influenza can cause severe complications, especially for the very young, elderly and anyone with certain health conditions.

You may also be hearing of more “stomach bugs” going around. Going around, is what we want to avoid. These types of illnesses can be limited if we all play our part. Your schools are cleaned every day and this time of year they pay special attention to “high touch” areas such as doorknob, tops of desks and toys. You can take some steps to help in the fight such as:

1. Get vaccinated against the Flu
2. Coughing or sneezing into your elbow or a tissue and washing your hands frequently.
3. Try to keep your hands away from your face, or wash them if you notice you’ve wiped your nose.
4. Clean and disinfect commonly handled surfaces or objects (doorknobs, toys, shopping carts...)
5. Stay home if you are sick.

If you would like more information you can go to: **The Flu: A Guide for Parents @**
https://www.cdc.gov/flu/pdf/freeresources/updated/fluguideforparents_trifold.pdf

Thank you for working with us to keep our kids and our community healthy!

Your School Health Team

Angie Phillips, RN