



FIRELANDS LOCAL SCHOOL DISTRICT

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COMMUNICABLE DISEASES Influenza, Common Cold, and Enterovirus

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As seasons change, we must be mindful that communicable diseases remain a concern in the community and in the school setting. These diseases may include the Common Cold, Influenza (Flu), and Enterovirus (EV-D68).

Influenza (Flu) is a respiratory infection caused by a virus (germ). Influenza occurs most often during the winter and easily spreads from person to person. The "flu season" starts in December and usually lasts until spring. Symptoms of the flu include a moderate to high fever, dry cough, headache, sore throat, chills, runny nose, loss of appetite, muscle aches, and tiredness.

A **Cold** is a contagious respiratory infection that is caused by a virus. More than 200 different viruses can cause colds. Symptoms of a cold include a runny nose, sneezing, cough, sore throat, headache, nasal congestion, and a fever. These symptoms usually occur 2 to 3 days after infection and will usually end in 7 to 10 days.

Many cold and influenza symptoms are similar. Both the common cold and influenza are caused by viruses. There are some differences with influenza. Please visit the following website for more information on the difference between the common cold and influenza.

(<http://www.cdc.gov/flu/about/qa/coldflu.htm>)

EV D-68 is one of the Non-Polio Enteroviruses which are very common viruses. They cause about 10 to 15 million infections in the United States each year. Anyone can be infected with non-polio enteroviruses. But infants, children, and teenagers are more likely to be infected and become sick. Symptoms may include fever, runny nose, sneezing, coughing, skin rash, mouth blisters, and muscle and body aches. Please visit the following site for more information.

(<http://www.cdc.gov/non-polio-enterovirus/about/overview.html>)

What you can do: keep yourself and your family well by:

- Having everyone in your household practice good personal hygiene, including frequent handwashing, covering coughs and sneezes, and not touching your nose, mouth or eyes with unwashed hands
- Have everyone in your household ages 6 months and up get a flu shot, and if anyone is behind on other vaccine-preventable disease immunizations, get caught up.

Contact your primary care physician or your local health department for questions or concerns, or if you are experiencing any of the above-mentioned symptoms.

Please be assured that the District is taking every effort to protect the health and safety of our students and staff by working closely with the Health Department to provide the safest environment for our school community.

www.firelandsschools.org

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