

**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**  
Surgeon General and Secretary

**Vision:** To be the **Healthiest State** in the Nation

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November 15, 2018

Dear Parent,

This week there has been an increase in the number of students in your child's school reporting symptoms of influenza like illness (ILI) and gastrointestinal illness (GI). The most common symptoms reported for ILI include fever of  $\geq 100^{\circ}\text{F}$  and cough and/or sore throat. The most common symptoms reported for GI include vomiting and diarrhea.

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year. **(Fact sheet attached)**

### **Quick Prevention Tips**

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- If you have GI symptoms, stay home for at least 48 hours after last episode of diarrhea.
- CDC recommends a yearly flu vaccine as the first and most important step in protecting against influenza and its potentially serious complications.
- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs.

If there are specific questions or concerns please call us at 772-221-4000 option 7.

Michele Cupid, MPH, CPH  
Health Services Manager  
Florida Department of Health in Martin County  
3441 SE Willoughby Blvd, Stuart, FL 34994  
[www.MartinCountyHealth.com](http://www.MartinCountyHealth.com)