

**LANCASTER COMMUNITY SCHOOL DISTRICT  
Laurie Walker, Lancaster School Nurse  
861 West Maple Street, Lancaster, WI  
723-4066 Ext. 106**

**Dear District Families,**

**As you have all heard the Influenza is hitting Wisconsin in full force. Here at school we've had isolated cases of Influenza, but Wisconsin as a whole has been hit hard with over 4,000 confirmed cases as of Friday.**

**Influenza is highly contagious with fever, headache, muscle aches and pain, and fatigue and weakness, and dry cough. Symptoms have been lasting 5-7 days. In younger children these symptoms may include nausea and vomiting, but are rarely the main symptoms.**

**Experts are still encouraging vaccine as your best bet for preventing the flu, avoiding sick people, and hand washing.**

**If you have symptoms stay at home- call your doctor about possible treatment, encourage fluids, and analgesics (acetaminophen or ibuprofen) for symptom management. Return to work or school after you have been fever free for at least 24hours, without the use of fever reducing medications.**

**If you have any questions about influenza, please contact your local medical provider or call me at 723-4066 ext. 106.**

**Thank you,  
Laurie Walker, RN**