



CORVALLIS SCHOOL DISTRICT FLU QUESTIONS AND ANSWERS

Q. What are the symptoms of flu?

A common symptom of flu, including H1N1, is a fever of 100° or higher. Additional symptoms may include cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea.

Q. When should I take my child to the doctor?

Call or take your child to a doctor right away if your child of any age:

- has fast breathing or trouble breathing
- has bluish or gray skin color
- is not drinking enough fluids
- experiences severe or persistent vomiting
- is not waking up or not interacting
- is being so irritable that the child does not want to be held
- when flu-like symptoms improve but then return with fever and worse cough
- is experiencing flu-like symptoms and is medically fragile

Q. When can my child go back to school after having the flu?

Keep your child home from school, day care or beyond school activities for at least 24 hours after their fever is gone without the use of fever-reducing medication (i.e. Tylenol).

Q. How serious is the flu?

The flu can be very serious, especially for younger children and children of any age who have one or more chronic medical conditions or are medically fragile. These chronic or medically fragile conditions include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems and neurological and neuromuscular disorders.

Q. What should I do if I have a “medically fragile” student?

Parents of medically fragile children should consult with their child’s health care provider.

Q. Is there a vaccine?

Both seasonal and H1N1 vaccines have been produced. Contact your health care provider and/or Benton County Health Department for details regarding availability and clinics.

Q. What can I do to reduce my risk of getting sick and spreading flu?

- Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- Practice social distancing and stay home if you’re sick. Keeping sick students at home means they keep their viruses to themselves rather than sharing them with others.
- Get vaccinated.

Q. Will the school district notify parents of each confirmed student case of H1N1?

The district will not notify parents of each confirmed student case. We will provide general flu updates as needed.

Q. Will schools be closed?

The Corvallis School District intends to remain open throughout flu season. At this time, local health officials do not foresee any public health reason to close schools. However, should absenteeism among our staff or other factors prohibit us from operating as usual, we will use the same notification system used for inclement weather or other emergency closures.

Q. Where can I find more information about taking care of someone with the flu?

Contact your health care provider or the Benton County Health Department. Visit www.flu.gov, www.flu.oregon.gov. Or call Oregon’s flu hotline at 1-800-978-3040.