

January 19, 2012

Dear Parents, Guardians and Staff,

Please be advised that KFL&A Public Health has received laboratory confirmation of Influenza B within our community.

The symptoms of influenza include fever (greater than 38.0 °C /100.4 °F) often with dry cough, chills, headache, muscle aches, loss of appetite, sore throat, and runny nose. Young children may also experience nausea and vomiting with the above symptoms.

Immunization is the best way to prevent influenza. The influenza vaccine (flu shot) is available free of charge to anyone in Ontario over the age of 6 months.

Next to immunization, the single most important way to prevent the spread of infection is to clean hands often with soap and water. Alcohol-based hand sanitizers are an excellent alternative to hand washing, especially when soap and water are not available. Alcohol-based hand sanitizers should only be used for children if they are assisted and should be stored out of reach of young children, as they are flammable.

Adults with influenza may be infectious for five days after the onset of their symptoms whereas children may be infectious for up to seven days. If you or your child have symptoms of influenza, it is important to stay home during the infectious period to avoid spreading the illness to others.

If you have any questions or concerns, please contact our Communicable Disease Team at 613-549-1232 ext. 1287.