

March 19, 2024

East Greenwich Township School Community,

We hope this letter finds you well. The East Greenwich school nurses wanted you to be aware of the rising number of positive cases of Influenza (flu) over the past few weeks. Influenza can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms:

- fever/chills (It's important to note that not everyone with flu will have a fever.)
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

We suggest you speak to the medical provider if your child exhibits any of these symptoms. When a student tests positive (flu), please keep them home until they are fever-free for 24 hours without any fever-reducing medication. If the student is not feeling well enough to participate in full activities please keep them home. You may also provide a letter from a medical provider outlining restrictions if your provider believes the student may return to school but should not participate in PE/recess.

In some cases, there are major complications related to influenza. Be advised that we have seen a few cases of influenza-related Myositis, which presents as difficulty or inability to walk. Please refer to the chart below outlining the complications and reach out to your medical provider for follow-up.

Emergency Warning Signs of Flu Complications	
People experiencing these warning signs should obtain medical care right away.	
In children	In adults
<ul style="list-style-type: none">● Fast breathing or trouble breathing● Bluish lips or face● Ribs pulling in with each breath● Chest pain● Severe muscle pain (child refuses to walk)● Dehydration (no urine for 8 hours, dry mouth, no tears when crying)● Not alert or interacting when awake● Seizures● Fever above 104 degrees Fahrenheit that is not controlled by fever-reducing medicine● In children younger than 12 weeks, any fever● Fever or cough that improve but then return or worsen● Worsening of chronic medical conditions	<ul style="list-style-type: none">● Difficulty breathing or shortness of breath● Persistent pain or pressure in the chest or abdomen● Persistent dizziness, confusion, inability to arouse● Seizures● Not urinating● Severe muscle pain● Severe weakness or unsteadiness● Fever or cough that improve but then return or worsen● Worsening of chronic medical conditions
These lists are not all inclusive. Please consult your medical provider for any other symptom that is severe or concerning.	

Respectfully,
The East Greenwich Township School Nurse Team