

Dawson County Health Services

Flu Season Update

2023-2024 School Year



Attention Dawson County Residents, the Flu Season Is Here...

According to the Centers for Disease Control (CDC), flu viruses tend to peak between fall and spring, and this is called the "Flu Season." The timing of the flu is not always predictable and can vary in different parts of the country and from season to season. Although most people will recover from the flu, it can cause severe illness and possibly even death in those who are at high risk. High-risk populations include older adults, very young children, pregnant women, and those with certain chronic medical conditions. **The CDC and public health officials recommend every one – 6 months of age and older get the flu vaccine yearly.** Therefore, it is essential for us to remind parents, students, and faculty/staff to get vaccinated.

The flu is spread mainly from person to person through coughing, sneezing, and touching surfaces with the flu virus on them. Typical flu symptoms include high fever, cough, sore throat, runny or stuffy nose, headache, muscle aches, and fatigue.

Some preventive measures you can do to help reduce the spread of flu and other infectious illnesses include:

- **WASH YOUR HANDS FREQUENTLY with soap and water**, or use an alcohol-based hand sanitizer/rub.
- Teach children not to share personal items like drinks, food, or eating utensils.
- Cover your nose and mouth with a tissue when coughing or sneezing, and properly dispose of used tissues.
- Stay home if you are sick, especially during the first days of illness when symptoms are more severe and the infection is most contagious. Return to work or school only after symptoms have improved and after you have been without fever for 24 hours without using fever-reducing medications.
- Try to avoid close contact with people who are sick.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu. Viruses lurk in places you wouldn't think. Everyone is vulnerable to picking up viruses.
- Eat healthy food (fruits and vegetables) and drink plenty of fluids.
- Make sure your vaccinations are up-to-date.
- Take flu antiviral medications if your doctor prescribes them.

By working together, we can help reduce the transmission of the flu and other infectious illnesses in schools and communities. For more information, please contact your school nurse or your healthcare provider.

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Dawson County Schools