



January 29, 2024

## Influenza Alert for Parents

Seasonal influenza (flu) infections are currently circulating in Colorado. We are notifying the parents/guardians of children at Teller Elementary of an increase in flu infections and respiratory illness at this location. The Denver Department of Public Health & Environment (DDPHE) and Teller Elementary are monitoring the situation and will provide further guidance as necessary.

### What Is Flu?

Flu is a contagious respiratory illness caused by the influenza virus. It is not the same as the “stomach flu” which usually refers to a diarrheal/vomiting illness. Flu illness spreads in the community in Colorado during the winter months. Healthy children and adults can tolerate flu well. However, infants, older adults, and people with certain medical conditions are at risk for severe disease and hospitalization.

**Signs and Symptoms:** fever/feeling feverish, chills, cough, sore throat, runny/stuffy nose, muscle or body aches, headaches, and fatigue.

Symptoms of flu infection can start suddenly. People with flu usually develop symptoms about 1-4 days after getting exposed.

### How is it Spread?

Flu is spread through contact with droplets from the nose and throat of an infected person. This happens through coughing, sneezing, and talking. People can also get Flu when they touch a surface that has the virus on it. Flu can remain on hard surfaces for several hours and on skin for shorter amounts of time. Frequent hand washing is very important.

### Guidance to parents/guardians:

- Sick staff and students **should stay home until they are 48 hours fever-free without use of fever reducing medication (i.e., Motrin, Tylenol) and respiratory symptoms start to improve.**
- Adults or children who are sick should consult their health care provider for information about testing and treatment.
- It is very important to speak with a healthcare provider if symptoms are severe (such as difficulty breathing or dehydration, etc.).
- Children and family members should wash their hands often with soap and water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- Encourage children to cover their nose and mouth with a tissue or their shirt sleeve when they cough or sneeze. Throw the tissue in the trash afterward.
- Clean and disinfect surfaces that people often touch such as doorknobs, mobile devices, counter tops, tables, etc.
- Avoid close contact with people who have flu-like symptoms. This includes kissing, hugging, sharing cups or eating utensils, and shaking hands.

*A flu shot is the best way to prevent flu illness. Everyone 6 months and older can protect themselves from influenza each year by receiving a flu vaccine.*

**For additional questions, please contact:**

**Denver Department of Public Health & Environment Epidemiology and Disease Intervention Team:**  
720-865-5767 or [ddphe\\_epi@denvergov.org](mailto:ddphe_epi@denvergov.org).

Additional information about Flu can be found on the US Centers for Disease Control and Prevention website:  
<https://www.cdc.gov/flu/index.htm>

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