

Newark Community Consolidated School
District # 66

November 2, 2022

Dear District 66 Parents and Staff,

Our school district has seen a 15% absence rate due to primarily respiratory illness at the junior high school and a 10% absence rate for the same this week. There are 4 confirmed cases of influenza A and one confirmed case of strep throat.

Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever*/feeling feverish or chills
- 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.

**It's important to note that not everyone with flu will have a fever.*

How do I know if I have flu?

Your respiratory illness might be influenza (flu) if you have fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and/or fatigue. Some people may have vomiting and diarrhea, though this is more common in children. People may be sick with flu and have respiratory symptoms without a fever. Flu viruses usually cause the most illness during the colder months of the year. However, flu can also occur outside of the typical flu season. In addition, other viruses can also cause respiratory illness similar to flu. So, it is impossible to tell for sure if you have flu based on symptoms alone. If your doctor needs to know for sure whether you are sick with flu, there are laboratory tests that can be done.

Flu Treatment

If you get sick with flu, influenza antiviral drugs may be a treatment option. Antiviral drugs work best when started early, such as one to two days after your flu symptoms begin.

Check with your doctor promptly if you are at higher risk of serious flu complications and you get flu symptoms. People at higher risk of flu complications include young children, adults 65 years of age and older, pregnant women, and people with certain medical conditions such as asthma, diabetes and heart disease.

When treatment is started within 1-2 days after flu symptoms begin, influenza antiviral drugs can lessen symptoms and shorten the time you are sick by 1 or 2 days. They might also prevent some flu complications, like pneumonia. For people at higher risk of serious flu complications, treatment with influenza antiviral drugs can mean the difference between milder or more serious illness possibly resulting in a hospital stay.

Newark Grade School
503 Chicago Road
Newark, Illinois 60541

Ms. Mindi Chase/ MJH Principal
Mrs. Demetra Turman, Superintendent / NGS Principal

Phone 815-695-5143
Fax 815-695-5776

