



Sudbury & District

## Health Unit

Service de  
santé publique

*Make it a  
Healthy  
Day!*

*Vivez Santé  
dès  
aujourd'hui!*

### Sudbury

1300 rue Paris Street  
Sudbury ON P3E 3A3  
☎ : 705.522.9200  
☎ : 705.522.5182

### Rainbow Centre

40 rue Elm Street  
Unit / Unité 109  
Sudbury ON P3C 1S8  
☎ : 705.522.9200  
☎ : 705.677.9611

### Chapleau

101 rue Pine Street E  
Box / Boîte 485  
Chapleau ON P0M 1K0  
☎ : 705.860.9200  
☎ : 705.864.0820

### Espanola

800 rue Centre Street  
Unit / Unité 100 C  
Espanola ON P5E 1J3  
☎ : 705.222.9202  
☎ : 705.869.5583

### Île Manitoulin Island

6163 Highway / Route 542  
Box / Boîte 87  
Mindemoya ON P0P 1S0  
☎ : 705.370.9200  
☎ : 705.377.5580

### Sudbury East / Sudbury-Est

1 rue King Street  
Box / Boîte 58  
St.-Charles ON P0M 2W0  
☎ : 705.222.9201  
☎ : 705.867.0474

Toll-free / Sans frais  
1.866.522.9200

[www.sdhu.com](http://www.sdhu.com)

November 18, 2011

Dear Parents and Guardians:

This letter has important information about influenza (the flu) or influenza-like illness. The Sudbury & District Health Unit is working closely with your child's school and school board to prevent the spread of influenza.

### Flu in schools

We expect that the flu will soon be in our community and that many schools will be reporting higher rates of absenteeism over the next few weeks because students are ill.

### How long should you stay home if you are ill?

Students who are ill with influenza-like illness should stay at home for 24 hours after their fever goes away. They can go back to school or work once they feel well enough to take part in normal activities.

### What you can do to keep yourself and your family healthy

Proper handwashing is still the most effective way to prevent the spread of disease. And remember to cough and sneeze into your upper sleeve or a tissue, not your hand.

### Flu vaccine

The flu vaccine is safe and is your best protection against getting the flu virus. The flu vaccine is recommended for anyone 6 months of age or older. You can get your free flu shot through your health care provider or the Health Unit.

For information on where to get your flu shot, or if you have questions about the flu or the flu vaccine, please visit the Health Unit's website at [www.sdhu.com](http://www.sdhu.com) or call 705.522.9200.

A fact sheet on influenza is attached to this letter.

Sincerely,

Penny Sutcliffe, MD, MHSc, FRCPC  
Medical Officer of Health and Chief Executive Officer

*An Accredited Teaching Health Unit  
Centre agréé d'enseignement en santé*

## What to do if you or someone in your home is sick with the flu

The symptoms of influenza (the flu) include fever, cough, sore throat, body aches, headache, chills, and fatigue.

### If you are ill with the flu:

- Limit your contact with others as much as possible.
- Stay at home. Do not go to work or to school.
- Cough into a tissue or your sleeve. Throw away used tissues immediately.
- Wash your hands often and thoroughly. Use liquid soap and hot water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Do not share anything that goes into your mouth, like utensils, drinking glasses, and toothbrushes.
- Keep common surfaces and items clean and disinfected.
- Follow the advice of your health care provider, or call Telehealth at 1.866.797.0000, TTY 1.866.797.0007.

### If someone in your home is ill with the flu:

- Limit your contact with the ill person as much as possible.
- Remind the ill person to cough into a tissue or their upper sleeve and to dispose of used tissues immediately.
- Remind everyone in the home to wash their hands thoroughly and often.
- Keep common surfaces and items clean and disinfected.
- Do not give aspirin or products that contain aspirin to children and teenagers.

### When to seek medical care:

If you (or someone in your care) do not start to feel better after a few days or if your symptoms get worse, **call** your health care provider or call Telehealth.

### Seek medical care right away for infants or young children if they:

- had flu symptoms that improved and then suddenly got worse again
- have bluish or dark-coloured lips or skin
- have fast or noisy breathing, possibly with grunting or wheezing sounds
- are drowsy to the point that you cannot easily wake them
- show signs of dehydration such as a decrease in the amount of urine or bowel movements (fewer wet diapers)
- are cranky or don't want to be held

### Seek medical care right away if you have flu symptoms AND you:

- are pregnant
- have heart or lung disease
- have any other chronic health problem that requires regular medical care
- are elderly or frail
- have an illness or are receiving treatments—for example, for diabetes, cancer, or HIV/AIDS—that might affect your immune system