



OFFICE OF THE SUPERINTENDENT

January 27, 2018

LECC Families,

Thank you for your flexibility over the last few days while the LECC building was closed due to illness. I know it is often difficult to make alternative family plans when school is closed. During this type of closing, both facility sanitation and absence of people in the building are necessary to combat the spread of germs.

Over the past three days, LECC has been fully sanitized three separate, complete times. This process included cleaning the following: each individual classroom (counters, bathrooms, tables/desks, counters, etc.), hallway bathrooms, hallways (floors and walls), cafeteria tables, offices, and lockers. Special attention was given to high frequency touch points (door knobs, locker dials/handles, bathroom facilities, etc.). During the last several days, all students and staff have been out of the building, helping dissipate any remaining germs.

There is no doubt that this flu season has really taken its toll. It is our hope that this time spent away from the building will help facilitate a healthier, germ-free environment for your children and our staff. As a reminder, please consult your health care provider at the earliest sign of influenza. See the next page or this link for details: <http://bit.ly/2nghiLE>.

We are looking forward to our littlest Vikings returning Monday, January 29.

For safety and success,

Randall J. Fleenor
Superintendent

Clinical Signs, Symptoms, and Complications of Influenza



Flu Vaccine: For Everyone, Every Year

About Influenza

Influenza (commonly called "the flu") is a contagious respiratory illness caused by influenza viruses. Infection with influenza viruses can cause severe illness and life-threatening complications. About 5% to 20% of Americans get influenza each year, about 36,000 Americans die from it each year, and more than 200,000 Americans are hospitalized from flu-related complications each year.

Symptoms of Influenza

Symptoms of flu include fever (usually high - 100 degrees F or more), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Illness usually lasts for 2 to 7 days, but complete recovery may take longer. Most people recover completely, but influenza can sometimes worsen other health problems, which may lead to death.

"Stomach Flu"

Symptoms of the stomach and intestines, like nausea, vomiting, and diarrhea, are rare in adults but are sometimes seen in children. Some people call diarrhea, nausea, or vomiting that lasts for a day or two 'stomach flu', but that illness is very different from true influenza.

Diagnosing Influenza

Influenza is hard to diagnose because there are several other diseases that resemble it. Tests are available that can tell if you have influenza if you are tested within the first 2 or 3 days after your symptoms begin. In addition, a doctor's examination may be needed to determine whether a person has another infection that is a complication from influenza.

Complications from Influenza

Some of the complications caused by influenza include bacterial pneumonia, dehydration, and worsening of chronic medical conditions such as congestive heart failure, asthma, or diabetes. Children may get sinus problems and ear infections. Complications can be severe and may lead to death.

People at Risk of Complications from Influenza

Certain people are at increased risk for influenza-related complications and severe disease. This includes people 65 years of age and older, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.