
Request for Assistance with Influenza Surveillance

As educators and members of the health care team we can work together to reduce the spread of the influenza virus. Hand washing is the single most important way to reduce the spread of any infection.

Influenza or the flu arrives in the fall or early winter in Manitoba. When people hear the word flu they often think of the stomach flu involving diarrhea or stomach upset. Influenza is very different from the stomach flu. Influenza symptoms you may see in yourself or children in your school or daycare are:

- Fever
- Chills
- Sore throat
- Cough
- Headache
- Muscle aches
- Fatigue
- Joint Pain

Manitoba Health and Public Health monitor the influenza virus in our province. The information collected is used to develop strategies to decrease the occurrence of disease in the future. Public Health Nurses are involved by monitoring influenza activity within school and daycare communities.

Your assistance with influenza surveillance is very much appreciated.

Please notify your Public Health Nurse if more than 10% of your school or daycare community (staff/students) are absent from school or daycare due to a “flu like” illness. In the event that there are large numbers of absences due to a flu like illness, the Public Health Nurse may be required to contact the school/parent/guardian for further information.

For further information about influenza, please visit the links below.

<http://www.gov.mb.ca/health/flu/>

<http://www.fightflu.ca/index-eng.php>

<http://www.gov.mb.ca/health/publichealth/factsheets/seasonal.pdf>

http://www.gov.mb.ca/health/publichealth/factsheets/caringforselfandothers_flu.pdf

If you have any questions, please contact your Public Health Nurse.