

Your child may have been exposed to:

# Influenza

Seasonal influenza (flu), H1N1 influenza, and influenza-like illness are included here.

## If you think your child has the Flu:

- ◆ Call your child's child-care, school, camp, or other activities.
- ◆ **Need to stay home?**

### Childcare and School:

Yes, your child should not return for at least 24 hours after the fever is gone (without the use of fever-reducing medications) and is well enough to participate in routine activities. This will likely be 5 to 7 days.

If your child attends a school for medically fragile or pregnant students, they may need to stay home longer.

## Symptoms

Your child may have:

- ◆ Fever (100° F or greater) **AND**
- ◆ Cough or sore throat

In some cases diarrhea and vomiting can occur. Illness may last up to 7 days.

If your child has been infected, it may take up to 7 days (usually 2 days) for symptoms to start.

## Spread

- By coughing and sneezing.
- By touching contaminated hands, objects or surfaces and then touching eyes, nose, or mouth.

## Contagious Period

During the 24 hours before and up to 7 days after the illness begins.

## Call your Healthcare Provider

If anyone in your home has:

- ◆ Difficulty breathing. Or has high fever or vomiting or diarrhea that lasts more than a couple of days.
- ◆ Been exposed to influenza and has underlying health conditions that put them at risk of complications (this includes asthma and pregnancy). Antiviral medication may be prescribed.

**DO NOT give aspirin or salicylate-containing medicines to anyone under 19 years of age.**

## Prevention

- Cover your nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- DO NOT share anything that goes into the mouth, such as drinking cups, straws, and water bottles.
- Routinely clean and disinfect anything that comes in contact with secretions from the nose or mouth. This includes door knobs, refrigerator handles, water faucets, cupboard handles. Use a product that kills germs.
- Get seasonal flu and H1N1 flu vaccine when it becomes available to your child.

For more information call your local health department.