

IF YOU ARE SICK STAY HOME

Influenza (Flu) Description : Influenza (flu) is an acute viral infection characterized by abrupt onset of fever (, headache, fatigue, chills, cough, sore throat, and/or aching muscles. Vomiting and diarrhea may occur but are not common. Infections can be mild to severe with symptoms lasting from a few days to several weeks.

Annual activity most commonly occurs between December and April. Complications are more severe for the very young, the very old, and pregnant women.

Note Influenza is a disease of the respiratory tract. Gastrointestinal symptoms alone, often reported as “flu” or “stomach flu,” do not constitute influenza. Diagnosis can be confirmed by laboratory tests on respiratory secretions.

Mode of Transmission: Influenza is spread from person-to-person by respiratory droplets produced when a person coughs, sneezes, or talks. Incubation Period 1–4 days.

Infectious Period: People are generally infectious to others beginning 1 day before symptoms start until up to 7 days after becoming sick. Some children can be infectious longer than 7 days.

IF you suspect your child is not feeling well, error on the side of caution and keep them away from others by keeping them out of school **and extra curricular activities.**

Can my child go to school, day care, or camp if he or she is sick? No. Your child should stay home to rest and to avoid spreading flu to other children or caregivers.

When can my child go back to school after having flu? Keep your child home from school, day care, or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher. For more information, visit www.cdc.gov/flu or call 800-CDC-INFO

Thank you.

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