Your child may have been exposed to:

**Influenza (Flu)**

Influenza (also known as flu) is a common viral respiratory infection. Influenza is not “stomach flu”, a term used by some to describe illnesses causing vomiting or diarrhea.

If you think your child has the Flu:

- **Tell your childcare provider or call the school.**
- **Need to stay home?**
  
  **Childcare and School:**

  Yes, until the fever is gone and the child is healthy enough for routine activities.

**DO NOT** give aspirin or salicylate-containing medicines to anyone under 18 years of age.

**Symptoms**

Your child may have chills, body aches, fever, and headache. Your child may also have a cough, runny or stuffy nose, and sore throat.

Illness may last up to 7 days.

If your child has been infected, it may take 1 to 4 days (usually 2 days) for symptoms to start.

**Spread**

- By coughing and sneezing.
- By touching contaminated hands, objects or surfaces.

**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 a high fever and/or coughs a lot. Your doctor may give medications.

Antibiotics do not work for illnesses caused by a virus, including influenza.

**Prevention**

- Cover 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.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth. This includes door knobs, refrigerator handle, water faucets, cupboard handles. Use a product that kills germs.
- Annual influenza vaccination is recommended for children 6 months to 18 years of age. Ask your healthcare provider about vaccine.

**FOR MORE INFORMATION**

Kentucky Department for Public Health Frankfort, KY http://chfs.ky.gov/dph/
Kentucky Regional Poison Center Louisville, KY EMERGENCY: 1-800-222-1222
Lake Cumberland District Health Department Somerset, KY www.lcdhd.org (606) 678-4761
The Centers for Disease Control and Prevention (CDC) Atlanta, GA Toll free: 1-800-311-3435 www.cdc.gov

Prepared by Hennepin County Human Services and Public Health Department (HSPHD)
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