Your child may have been exposed to:

### Respiratory Infection

Many different viruses can cause respiratory infections (or colds) with fevers.

### If you think your child has a Respiratory Infection:

- Tell your childcare provider or call the school.

- **Need to stay home?**
  
  **Childcare and School:**
  
  Yes, until fever is gone and your child is healthy enough for routine activities.

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

### Symptoms

Symptoms may include a runny nose, chills, muscle aches and a sore throat. Your child may sneeze and cough and be more tired than usual. Check your child for a fever. Symptoms last about 7 days.

If your child is infected, it may take up to 10 days for symptoms to start.

### Spread

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

### Contagious Period

Shortly before and while your child has symptoms.

### Call your Healthcare Provider

- If your child has a high fever or a sore throat or cough that does not go away.

Antibiotics do not work for illnesses caused by a virus, including colds and respiratory infections.

### 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 the secretions from the mouth or nose. Your child may need help with handwashing.
- **DO NOT** share drink containers and cups or silverware. Wash all dishes with hot soapy water between uses.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth. Use a product that kills germs.
- **DO NOT** expose your child to second-hand tobacco smoke. Smoke increases the risk for serious respiratory infections and middle ear infections.

### 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.lcmdhd.org (606) 678-4761
- The Centers for Disease Control and Prevention (CDC) Atlanta, GA Toll free: 1-800-311-3435 www.cdc.gov