

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

Kentucky Regional Poison Center Louisville, KY

Lake Cumberland District Health Department Somerset, KY

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

<http://chfs.ky.gov/dph/>

EMERGENCY: 1-800-222-1222

www.lcdhd.org (606) 678-4761