

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
 Kentucky Regional Poison Center Louisville, KY
 Lake Cumberland District Health Department Somerset, KY
 The Centers for Disease Control and Prevention (CDC) Atlanta, GA

<http://chfs.ky.gov/dph/>
 EMERGENCY: 1-800-222-1222
www.lcdhd.org (606) 678-4761
 Toll free: 1-800-311-3435 www.cdc.gov