



# School Health

## INFLUENZA (FLU)

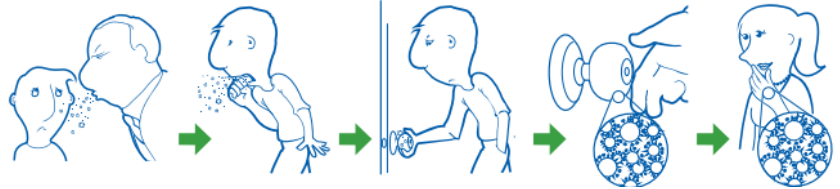
### What is the Flu?

The flu is an illness caused by flu viruses. The flu may make people cough and have a sore throat and fever. They may also have a runny or stuffy nose, feel tired, have body aches, or show other signs they are not well. The flu happens every year and is more common in the fall and winter. People of all ages can get the flu, from babies and young adults to the elderly.

### How does the flu spread?

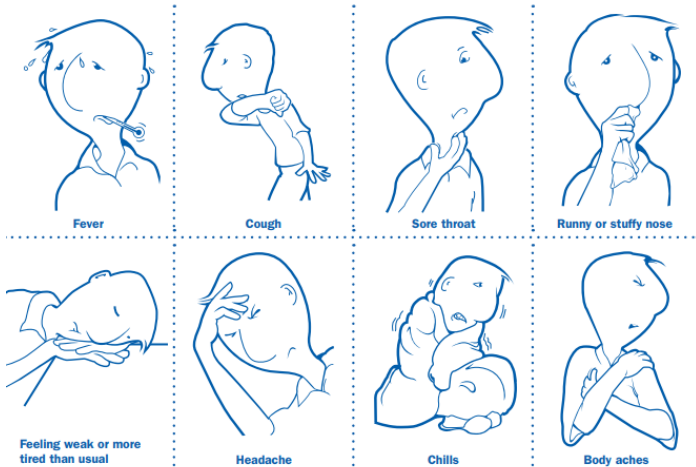
People who have the flu can spread the virus by coughing or sneezing. Droplets released when a sick person coughs, sneezes, or talks can land in the mouths or noses of people who are nearby. The droplets can also be inhaled into the lungs. People may also catch the flu by touching their mouth or nose after touching something with the virus on it, such as doorknobs, tables or an infected person's dirty hand.

Spread of the virus:

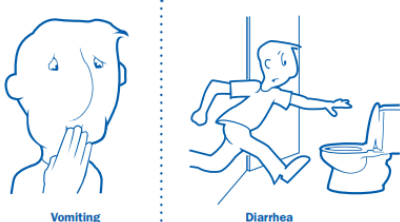


### How do you know if you have the flu?

Signs of the flu can include:



Two less common signs of the flu include:



### How long can a person with the flu spread the virus to other people?

Most people may be able to spread the flu from 1 day before showing symptoms to 5-7 days after symptoms begin. Severely sick people or young children may be able to spread the flu longer.

	①	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Not everyone who is sick with flu will have all the signs of the flu at the same time. Some people with the flu don't have a fever. Most people who get the flu get better without seeing a doctor or taking medicine.

If you or someone you know gets sick and shows any of the following warning signs, get **EMERGENCY** medical care:



**In children:**



Fast breathing or trouble breathing



Bluish or gray skin color



Not drinking enough fluids



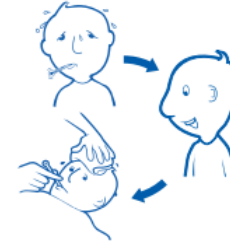
Serious or constant vomiting



Not waking up or not interacting



Being so irritable that the child does not want to be held



Flu-like symptoms improve but then return with fever and worse cough

**In infants:**

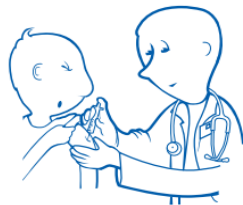
You should also look for these warning signs: being unable to eat, having no tears when crying, and having far fewer wet diapers than normal.

If you are worried that your child or family member is showing symptoms of flu, please take them to the doctor. If you need help finding a doctor, your school health nurse can advise you.

## Talking to Children About Flu

### Advice for Parents on Talking to Children About the Flu

Focus on what your child can do to fight the flu and to not spread flu to others:



Have your child get a flu vaccine. The flu shot may pinch, but it will help protect them from getting sick later. A flu vaccine given as a nasal spray may also be available.



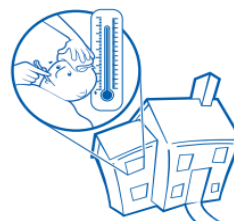
Encourage them to try to stay away from people who are sick.



Encourage them to cough and sneeze into a tissue when they are sick. Throw the tissue in the trash right away. If they do not have a tissue, they should cover their mouth and nose with their arm.



Encourage them to wash hands often with soap and warm water for 15-20 seconds. Set a good example by doing this yourself.



Encourage them to stay home from work and school if they are sick, and stay away from people until they are better.