



FLU SEASON

Let's stay healthy.

It's time to plan, prepare, and protect each other and our community from the spread of any flu.

1. **Cover your nose and mouth with a tissue when you sneeze and throw the tissue in the trash.**
2. **Wash your hands frequently.**
3. **Avoid touching your eyes, nose, or mouth as germs spread this way.**
4. **Try to avoid contact with sick people and stay away from others while you are sick.**
5. **Keep your child home if they have these symptoms: fever above 100° (stay home for at least 24 hours after the fever is gone), cough, runny nose, sore throat, vomiting or nausea, diarrhea.**
6. **Plan child care arrangements in case your child gets sick or their classroom/school is closed.**

ALL STUDENTS WITH FLU SYMPTOMS WILL BE SENT HOME.

In children, emergency warning signs that need urgent medical attention include:

- **Fast breathing or trouble breathing**
- **Bluish or gray skin color**
- **Not drinking enough fluids**
- **Severe or persistent vomiting**
- **Not waking up or not interacting**
- **Being irritable**
- **Flu-like symptoms improve but then return with fever and worse cough**

What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs caused by influenza viruses. Flu viruses cause illness, hospital stays and deaths in the United States each year. There are many different flu viruses and sometimes a new flu virus emerges to make people sick.

What should I use for hand cleaning?

Washing hands with soap and running water for as long as it takes to sing the "Happy Birthday" song twice will help protect against many germs. When soap and running water are not available, wipes or gels with alcohol* can be used (the gels should be rubbed into your hands until they are dry). *(*Though the scientific evidence is not as extensive as that on hand washing and alcohol-based sanitizers, other hand sanitizers that do not contain alcohol may be used for killing flu germs on hands in settings where alcohol-based products are prohibited.)*

How serious is the flu?

The flu can be very serious, especially for younger children and children of any age who have one or more chronic medical conditions. These conditions include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems, and neurological and neuromuscular disorders. These conditions can result in more severe illness from influenza, including the new H1N1 virus.

How does flu spread?

Both novel H1N1 flu and seasonal flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with influenza. People also may get sick by touching something with flu viruses on it and then touching their mouth or nose.

How long can a sick person spread the flu to others?

People infected with seasonal and novel H1N1 flu shed virus and may be able to infect others from one day before getting sick to 5-7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with novel H1N1 flu.

What household cleaning prevents the spread of the flu virus?

To prevent the spread of the flu virus it is important to keep surfaces (especially bedside tables, bathroom surfaces, kitchen counters, and children's toys) clean by wiping them down with a household disinfectant according to directions on the product label.



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For more information, visit
www.cdc.gov or www.flu.gov
or www.sbcphd.net