



FACT SHEET: Influenza Virus, (Flu)

This is a common viral respiratory infection that usually peaks in the fall and winter seasons. Most people recover within a few days, up to 2 weeks.

Influenza (Flu) virus is spread by:

- Respiratory secretions or droplets
- Coughs and sneezes
- Potentially touching surfaces, then touching your own face, nose, and/or mouth

Please monitor your child for the following symptoms for 1 to 7 days:

Cold-like symptoms	Cough	Runny nose
Fever	Sore throat	Muscle or body aches
Fatigue	Congestion	Vomiting
Chills	Headache	Diarrhea

If your child develops any symptoms please keep them home and call your healthcare provider.

Prevention:

- Being vaccinated every year
- Remind your child to wash their hands often, keep hands off the face
- Avoid close contact with sick people
- There is medication available to prevent the Flu, especially for high-risk individuals and their family

Individuals at High Risk:

Always consult with your healthcare provider with any questions or concerns. People at higher risk include younger children, older adults, (>65), pregnant women, and anyone whose immune system is compromised. These people should contact their healthcare provider as soon as possible.

Return to School:

A letter of clearance is needed to return to school. Your child will need to be fever free for 24 hours without the use of over-the-counter medications, all symptoms are well managed and your child feels well enough to return to school.

Any questions please email/call your school nurse, (found on your home school website).

For more information: <https://www.cdc.gov/flu/>