

# Influenza (Flu)

This fact sheet refers to seasonal influenza, novel H1N1 influenza (formerly known as swine flu), and influenza-like illness.

## If you think your child has the Flu:

- Call your child's childcare, school, camp, or other activities.
- **Need to stay home?**

### Childcare and School:

**Yes**, your child should not return for at least 24 hours after the fever is gone (without the use of fever-reducing medications) **and** is well enough to participate in routine activities. This will likely be 5 to 7 days.

If your child attends a school for medically fragile or pregnant students, they may need to stay home longer.

## Symptoms

Your child may have:

- Fever (100° F or greater) **AND**
- Cough or sore throat

In some cases diarrhea and vomiting can occur. Illness may last up to 7 days.

If your child has been infected, it may take up to 7 days (usually 2 days) for symptoms to start.

## Spread

- By coughing and sneezing.
- By touching contaminated hands, objects or surfaces and then touching eyes, nose, or mouth.

## 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:

- ♦ Difficulty breathing. Or has high fever or vomiting or diarrhea that lasts more than a couple of days.
- ♦ Been exposed to influenza and has underlying health conditions that put them at risk of complications (this includes asthma and pregnancy). Antiviral medication may be prescribed.

**DO NOT give aspirin or salicylate-containing medicines to anyone under 19 years of age.**

## Prevention

- Cover your 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.
- Routinely clean and disinfect anything that comes in contact with secretions from the nose or mouth. This includes door knobs, refrigerator handles, water faucets, cupboard handles. Use a product that kills germs.
- Get seasonal flu and H1N1 flu vaccine when it becomes available to your child.

For more information, call your local health department.

Prepared by Hennepin County Human Services and Public Health Department (HSPHD) and the Minnesota Department of Health (MDH)