

# No **Flu** for You!

## Flu Information for Parents

Flu season is upon us. We all want to avoid the flu. Here are some suggestions to keep you and your child from getting sick this flu season:

### Flu Prevention



**1. Vaccination.** Everyone over the age of 6 months should get a flu vaccination every year. The vaccine may be a nose spray or shot. It's not too late to get a flu vaccine this school year.



**2. Wash your hands.** Hands should be washed frequently with soap and water or an alcohol hand rub.



**3. Cover your cough and sneeze.** Everyone should cough or sneeze into a tissue or their sleeve. The tissue should be thrown away immediately and hands washed.



**4. Good health habits.** Getting enough sleep, exercising, eating a healthy diet, drinking plenty of fluids and avoiding stress and people who are sick will help keep you and your family well this flu season.

### What if YOU have the flu?

Flu can cause mild to severe illness, and at times can lead to death. People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Sore throat
- Muscle or body aches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.
- Cough
- Runny or stuffy nose
- Headaches

If you or your child has these symptoms, you should stay home from work, child care or school until fever-free (without the use of fever-reducing medication) for 24 hours.

Some groups of people, such as pregnant women, the very young and old and those with chronic illnesses, are at greater risk of complications if they get the flu. Those people should contact their healthcare provider for treatment as soon as possible if they have these symptoms.

*\*Note: children 18 years of age or younger should never be given aspirin when they have flu symptoms due to the risk of Reye's Syndrome. Use one of the other fever/pain reducing medications such as acetaminophen or ibuprofen instead.*

If your healthcare provider prescribes an anti-viral medication for you, take it as prescribed until it is all gone.



# No for You!

## Prevent the Spread of Flu at School

It's flu season again. As schools begin to see more absences among staff and students, it is important to remember the guidelines for flu prevention in the school setting. Basic information about flu prevention includes:



**1. Encourage staff and students to wash their hands.**

Hand washing should be done frequently throughout the school day with warm water and soap. Alcohol-based hand sanitizers are also effective in cleaning the hands.



**2. Everyone should practice good respiratory etiquette.**

Respiratory etiquette involves covering the nose and mouth when sneezing and coughing. Everyone should be encouraged to sneeze and cough into a tissue or their sleeves—not into their bare hands. Used tissues should be disposed of immediately and hands should be washed promptly.



**3. Vaccination against the flu should be done yearly.**

The flu vaccine can be administered as a nasal spray or by injection. All people over the age of 6 months should get this yearly vaccination.



**4. Encourage sick people to stay home from school.**

Staff and students with a fever and other flu symptoms (cough, head ache, runny nose, etc.) should stay home until they are fever-free without the use of fever-lowering medications for 24 hours.

**5. Routine cleaning of the school, with special attention to frequently touched surfaces such as doorknobs and light switches, is sufficient during flu season.** Find information about this at <http://www.cdc.gov/flu/school/cleaning.htm>

If you have specific questions about the flu or see an unusual number of illnesses at your school, you are encouraged to contact your local health department for recommendations and guidance.

