



The Flu (Seasonal Influenza)

Your child may have been exposed to this disease

If your child has symptoms, please contact your child's healthcare provider.

If my child has this disease, when can he or she return to school or child care?

A child with the flu may NOT return to school UNTIL they have not had a fever for 24 hours without the use of medication that treats fever, such as Tylenol or Motrin.

The flu is an illness caused by the influenza virus.

It causes:

- Fever and/or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Sometimes vomiting and/or diarrhea, and this is more common in children

Symptoms usually start 1 to 4 days after a person is exposed to the virus.

What can I do now?

Watch your child for symptoms of this disease. A child with immune system problems that make it hard to fight off infection or an elderly adult who shows symptoms of the flu should contact the doctor immediately.

Go to the hospital if your child is having difficulty breathing or is unresponsive. **Keep your child at home until the fever has resolved for 24 hours without the use of medications, such as Tylenol or Motrin.**

If your child gets sick, prevent others from getting ill by:

- Wash hands frequently.
- Cough and sneeze into your elbow or a tissue, and throw used tissues into the trash
- Clean commonly touched surfaces, such as doorknobs.

How can I prevent the flu in the future?

Everyone age 6 months and older should receive the flu shot once a year to protect from getting sick.

For more information, contact your health care provider, your School Nurse 619-258-2231, the San Diego County Health Department at (858) 694-3900, or visit: www.cdc.gov/flu