



## 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/>