Your child may have been exposed to:

Influenza (Flu)

Influenza (also known as flu) is a common viral respiratory infection.

Influenza is not "stomach flu", a term used by some to describe illnesses causing vomiting or diarrhea.

If you think your child has the Flu:

- Tell your childcare provider or call the school.
- **Need to stay home?**

  Childcare and School:

  Yes, until the fever is gone for at least 24 hours and the child is healthy enough for routine activities.

DO NOT give aspirin or salicylate-containing medicines to anyone under 18 years of age.

Symptoms

Your child may have chills, body aches, fever, and headache. Your child may also have a cough, runny or stuffy nose, and sore throat.

Illness may last up to 7 days.

If your child has been infected, it may take 1 to 4 days (usually 2 days) for symptoms to start.

Spread

- By coughing and sneezing.
- By touching contaminated hands, objects or surfaces.

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 a high fever and/or coughs a lot. Your doctor may give medications.

  Antibiotics do not work for illnesses caused by a virus, including influenza.

Prevention

- Cover 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.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth. This includes door knobs, refrigerator handle, water faucets, and cupboard handles. Use a product that kills viruses.
- Annual influenza vaccination is recommended for children 6 months to 18 years of age. Ask your healthcare provider about vaccine.

For more information, call Missouri Department of Health and Senior Services (MDHSS) at 573-751-6113 or 866-628-9891 (8-5 Monday thru Friday) or call your local health department.