Your child may have been exposed to:

Respiratory Infection

Many different viruses can cause respiratory infections (or colds) with fevers.

If you think your child has a Respiratory Infection:

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

  Childcare and School:

  Yes, until fever is gone and your child is healthy enough for routine activities.

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

Symptoms

Symptoms may include a runny nose, chills, muscle aches, and a sore throat. Your child may sneeze and cough and be more tired than usual. Check your child for a fever. Symptoms last about 7 days.

If your child is infected, it may take up to 10 days for symptoms to start.

Spread

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

Contagious Period

Shortly before and while your child has symptoms.

Call your Healthcare Provider

- If your child has a high fever or a sore throat or a cough that does not go away.

  Antibiotics do not work for illnesses caused by a virus, including colds and respiratory infections.

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 the secretions from the mouth or nose. Your child may need help with handwashing.
- DO NOT share drink containers and cups or silverware. Wash all dishes with hot soapy water between uses.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth. Use a product that kills bacteria and viruses.
- DO NOT expose your child to second-hand tobacco smoke. Smoke increases the risk for serious respiratory infections and middle ear infections.

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.