

**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.

**Keep your child home from childcare and school** until 24 hours after fever is gone (without the use of a fever reducing medicine) and your child is healthy enough for routine activities.

**Do not give aspirin or salicylate-containing medicines to anyone under 18 years of age.**

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

**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 or 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 health care provider**

- If anyone in your home has a high fever and a coughs.

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 in the trash.
- 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. Use a product that kills germs.
- Annual influenza vaccination is recommended for everyone older than six months of age. Ask your health care provider about flu vaccine.