

Flu (Influenza)

Flu is a virus that is usually seen in late Fall to early Spring but can occur any time.

Symptoms of flu include:

- Sudden high fever
- Muscle aches and irritability
- Cough
- Runny Nose
- Sore Throat

Flu is contagious and spreads quickly among children. It is spread by droplets from the nose or mouth from sneezing, coughing, or from touching objects like doorknobs and surfaces.

It is important that you take your child to your healthcare provider if you suspect flu. With early diagnosis, there are treatments to lessen the severity of the flu. Please notify the school if your child is diagnosed with flu so that they can be on the alert for symptoms and try to prevent its spread. Your child may return to school at the direction of your healthcare provider, and must be without fever for 24 hours.

These are things you can teach your child to help prevent the flu:

- Wash your hands often, especially after playing or reading books.
- When you cough or sneeze, turn your head and cough or sneeze into your elbow or a tissue.
- Stay away from family members when they have the flu.

For more information on flu, visit the Center for Disease Control's website at www.cdc.gov or Children's Healthcare of Atlanta at www.choa.org.