

Your child may have been exposed to:

PARENT/GUARDIAN

# Influenza (Flu)

This fact sheet refers to seasonal influenza, novel H1N1 influenza (formerly known as swine flu), and influenza-like illness.

## If you think your child has the Flu:

- Call your child's childcare, early childhood program, camp, or other activities.
- **Need to stay home?**

### Childcare & Early Childhood Programs (Pre-K):

**Yes**, your child should not return to childcare, early childhood programs, camp, or other activities for 7 days after symptoms begin or at least 24 hours after your child is well, **whichever is longer**. Your child should feel well enough to participate in routine activities.

**DO NOT give aspirin or salicylate-containing medicines to anyone under 19 years of age.**

## Symptoms

Your child may have:

- Fever (100° F or greater) **AND**
- Cough or sore throat

In some cases diarrhea and vomiting can occur. Illness may last up to 7 days.

If your child has been infected, it may take up to 7 days (usually 2 days) for symptoms to start.

## Spread

- By coughing and sneezing.
- By touching contaminated hands, objects or surfaces and then touching eyes, nose, or mouth.

## Contagious Period

During the 24 hours before and at least 7 days after the illness begins.

## Call your Healthcare Provider

If anyone in your home has:

- ♦ Difficulty breathing. Or has high fever or vomiting or diarrhea that lasts more than a couple of days.
- ♦ To develop a plan to determine what steps should be taken if your child is exposed to or develops symptoms of flu. Antiviral medication may be prescribed.

## Prevention

- Cover your 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.
- Routinely clean and disinfect anything that comes in contact with secretions from the nose or mouth. This includes door knobs, refrigerator handles, water faucets, cupboard handles. Use a product that kills germs.
- Get seasonal flu and H1N1 flu vaccine when it becomes available to your child.

For more information, call your local health department.

Prepared by Hennepin County Human Services and Public Health Department (HSPHD) and the Minnesota Department of Health (MDH)