Influenza is a contagious disease caused by a group of respiratory viruses called influenza viruses.

**Symptoms**
- Fever (100 degrees Fahrenheit 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 up to 7 days after the illness begins.

**Call your Healthcare Provider**
If anyone in your home:
- Difficulty breathing. Or has high fever or vomiting or diarrhea that lasts more than a couple of days.
- Been exposed to influenza and has underlying health conditions that put them at risk of complications (this includes asthma and pregnancy). Antiviral medication may be prescribed.

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**Quick Help**

**If you think your child has Influenza**
Call your child’s daycare, school, camp or activities organization.

**Need to stay home?**
Yes, your child should not return for at least 24 hours after the fever is gone (without the use of fever-reducing medications) **and** is well enough to participate in routine activities. This will likely be 5 to 7 days.

**Prevention**
- Cover your nose and mouth when sneezing and 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 assistance with washing their hands.
- **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 and cupboard handles. Use a product that kills germs.
- Get a seasonal flu vaccine when it becomes available.
- **DO NOT** give aspirin or salicylate-containing medicines to anyone under 19 years of age.

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For more information, please visit or call:
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