



PROTECT YOUR CHILD FROM THE FLU

Influenza (the flu) can be very dangerous for children. Their bodies aren't able to fight off the flu like adults. Each year an average of 20,000 children under the age of 5 are hospitalized due to complications of the flu. * As parents, it's VERY IMPORTANT that we do everything we can to protect our children. This is a virus that is very contagious.

Symptoms of the Flu

Common symptoms include; fever, chills, headache, muscle aches, sore throat, runny nose, tiredness, and cough.

How You Catch the Flu

When people with the flu cough, sneeze, and talk, droplets from their mouth and nose travel through the air. These droplets can land in the mouths and noses of those that are close-by. One can also get the flu by touching an object that has the flu virus on it and then touching their own mouth, eyes, or nose.

Ways to Prevent the Flu

- Have all family members 6 months and older get the flu vaccine! Contact your doctor to learn about vaccine choices.
- Teach children to wash their hands often. After using the bathroom, after coughing or sneezing, and before eating. Parents and child care providers should wash the hands of children who can't wash them on their own.
- Give school-age children alcohol-based sanitizer to keep in their desk to use when they can't use soap and water. Remind them to use it before eating snacks and after using items that other children use.
- Never share cups, spoons, or forks with anyone.
- Tell kids to keep their hands away from their eyes, nose, and mouth.
- Cough and sneeze into a tissue or the upper arm if needed.
- Clean and disinfect objects that could have the flu virus on them in the home.

If Your Child Gets the Flu

Kids should stay home from school and daycare until they are without fever for at least 24 hours without using fever-reducing medicines. If your child has the flu call your doctor if he/she:

- Has a history of asthma, diabetes and disorders of the brain or nervous system.
- Is younger than 2 years old.
- Has a high fever or a fever with a rash.
- Has trouble breathing.
- Has bluish skin color.
- Seems confused.

*<http://www.cdc.gov/flu/protect/children.htm>