

Your child may have been exposed to:

Influenza

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.

Influenza is a contagious disease caused by a group of reparatory 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.

For more information, please visit or call:
Oldham County Health Department
1786 Commerce Parkway, LaGrange KY 40031
502-222-3516 ext. 136
www.oldhamcountyhealthdepartment.org

