### Influenza

The Flu is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

* Fever\* or feeling feverish/chills –temperature greater than or equal to 100° Fahrenheit
* Muscle or body aches
* Headaches
* Fatigue (tiredness)
* Cough
* Sore throat
* Runny or stuffy nose
* Some people may have vomiting and diarrhea, though this is more common in children than adults.

\* It's important to note that not everyone with flu will have a fever.

Children younger than 5 years old have a greater chance of having problems with the flu. Most children will get better without needing to go the doctor.

 Children with a long term condition such as asthma and diabetes are more likely to have a severe problem if they get the flu.

A child of any age with severe signs of the flu should go to the doctor. If you are unsure call your doctor and ask if you child should be examined.

While your child is sick provide them with plenty of clear fluids and make sure they get plenty of rest.

**To reduce the spread of the Flu-**

C:\Users\lhicks\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2C05FBSM\MC900360982[1].wmfKeep your child home for at least 24 hours after his /her fever is gone without fever reducing medications.

Do not allow them to share food or drink

Keep them in a separate room

Try to have one person as the caregiver

For more information call CDC info at 1-800-CDC-INFO (232-4636).

<http://www.cdc.gov/flu/freeresources/index.htm>