

Flu Symptom Checklist for Families

- Yes** **No** Does your child have a sore throat, bad cough, or runny nose?
- Yes** **No** Does your child have body aches or chills?
- Yes** **No** Does your child have vomiting or diarrhea?
- Yes** **No** Does your child have a fever of 100 degrees Fahrenheit or more?

How to check your child's temperature using an oral thermometer:

- Wash the thermometer with soap and warm water before using. Do not let your child drink anything for 15 minutes, then take his/her temperature.
- Put the thermometer under your child's tongue. Have your child close his/her lips around the thermometer and stay with your child while the thermometer is in your child's mouth. You can hold it in place.
- It takes about one minute to check a temperature by mouth. A digital thermometer beeps when it is ready to read. Your child's temperature will show on the thermometer like this:

100.2 °F

 The temperature is **about** 100 degrees (one hundred **point** two degrees).

102 °F

 The temperature is 100 degrees **plus 2** degrees (one hundred **and** two degrees).

If you are unable to take your child's temperature, you can look for these signs of fever:

- Your child's face may be red. His/her skin may be hot to your touch or moist.
- Your child may be fussy and have a headache.

If your child has a fever AND you answered "yes" to one of the questions above, your child might have the flu.

Children with the flu should be isolated from other people in the home. They should also stay home until they are symptom-free for 24 hours. That means until they have no fever without the use of fever-control medicines and they feel well for 24 hours.

When should my child see a doctor?

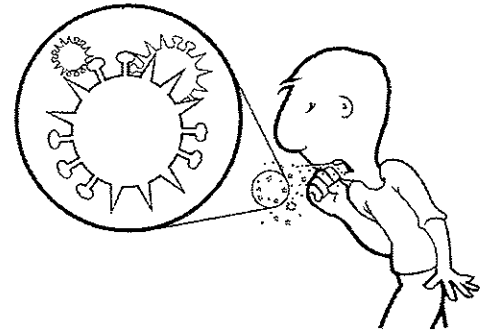
If you have a healthy child who now has a mild illness, he/she usually will not need to be seen by a doctor. CALL your health care provider if you think your child is very ill. Be alert for signs that your child is having trouble breathing or that he/she is not drinking enough fluid. If your child is not drinking enough, he/she may have a dry mouth and tongue; dark circles or sunken eyes; no tears and/or less urine output (this means fewer than two wet diapers or urinations per day).

INFLUENZA (FLU) Flu and You

Influenza (Flu)

What is the flu?

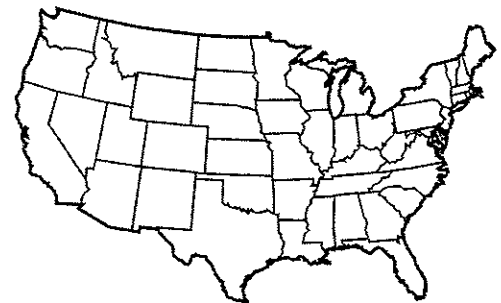
The flu is an illness caused by flu viruses. The flu may make people cough and have a sore throat and fever. They may also have a runny or stuffy nose, feel tired, have body aches, or show other signs they are not well. The flu happens every year and is more common in the fall and winter in the U.S. People of all ages can get the flu, from babies and young adults, to the elderly.



Flu in People

Do people in the U.S. get the flu?

Yes. Flu viruses spread worldwide. Flu tends to occur mostly in the fall and winter months in the United States. Many people get the flu each year. The flu is also found in other parts of the world. But the time of year when flu is most common can vary from one area to another.

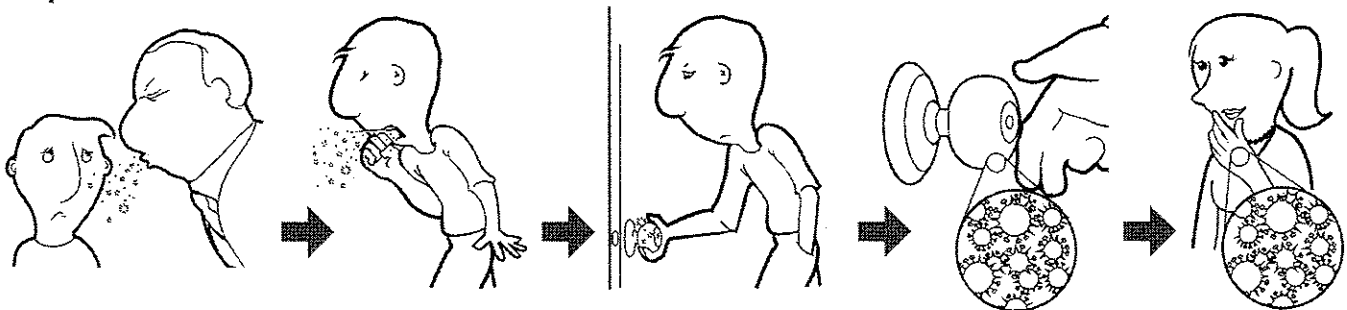


How does the flu spread?

People who have the flu can spread the virus by coughing or sneezing. Droplets released when a sick person coughs, sneezes, or talks can land in the mouths or noses of people who are nearby. The droplets can also be inhaled into the lungs.

People may also catch the flu by touching their mouth or nose after touching something with the virus on it, such as doorknobs, tables, or an infected person's dirty hand.

Spread of the virus:



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

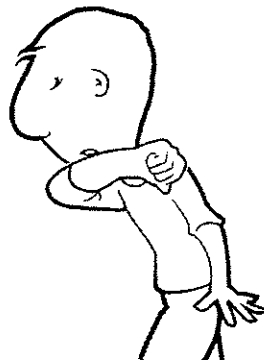
INFLUENZA (FLU) Flu and You

How do you know if you have the flu?

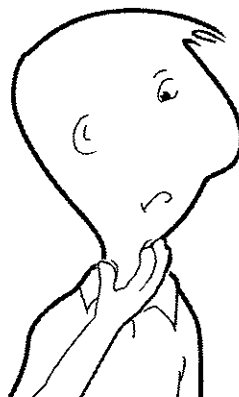
Signs of the flu can include:



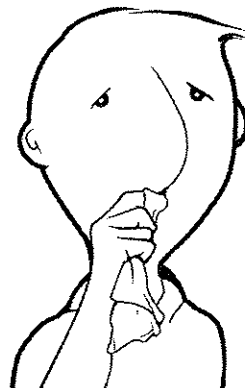
Fever



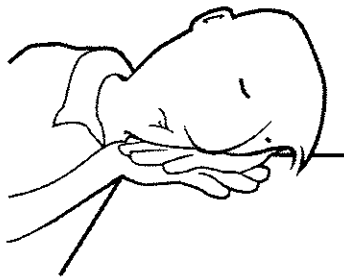
Cough



Sore throat



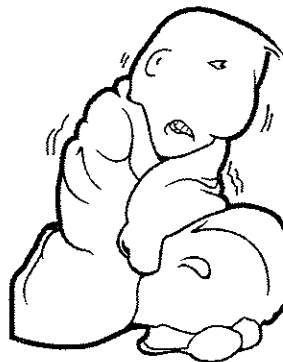
Runny or stuffy nose



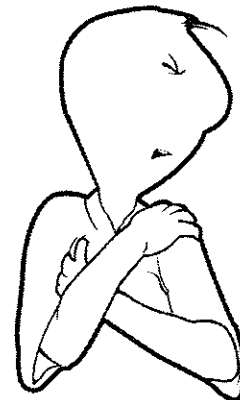
Feeling weak or more tired than usual



Headache

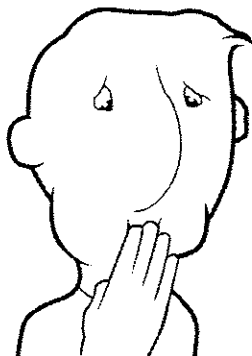


Chills

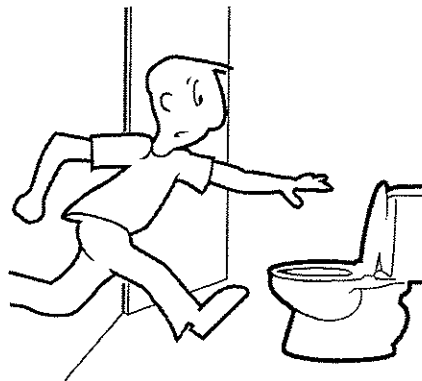


Body aches

Two less common signs of the flu include:



Vomiting



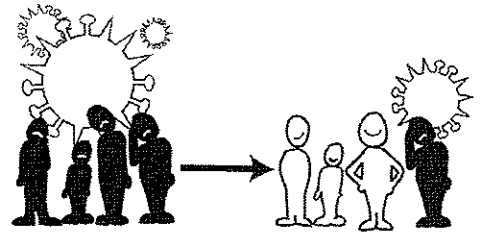
Diarrhea

Not everyone who is sick with flu will have all the signs of the flu at the same time. Some people with the flu don't have a fever. Most people who get the flu get better without seeing a doctor or taking medicine.

INFLUENZA (FLU) Flu and You

How sick do people get with the flu?

Some people get very sick and others do not. Most people who get sick get better without seeing a doctor or taking medicine. However, some people can get very sick from the flu and can die. Many of the people who get very sick are older than 65 years or have a medical condition such as: diabetes, heart disease, asthma, or kidney disease, or are pregnant. Children younger than 5 years of age are also at greater risk.



How long can a person with the flu spread the virus to other people?

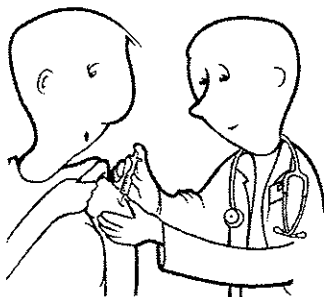
Most people may be able to spread the flu from 1 day before showing symptoms to 5 to 7 days after symptoms begin. Severely ill persons or young children may be able to spread the flu longer.

	①	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

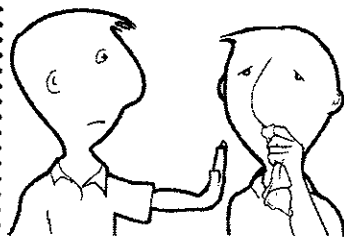
Prevention & Treatment

What can I do to protect myself from getting sick?

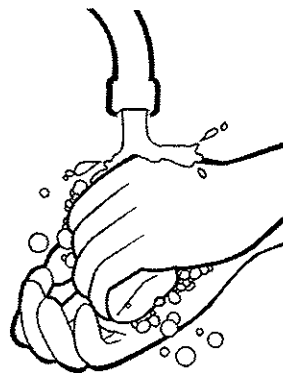
CDC recommends these steps to fight the flu:



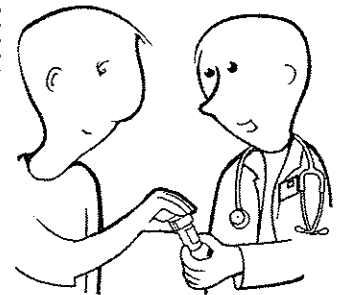
Vaccination



Stay away from people who are sick.



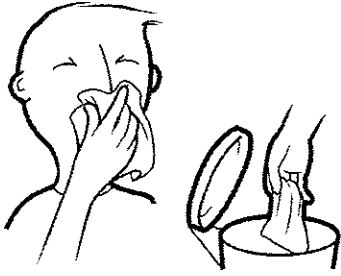
Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub.



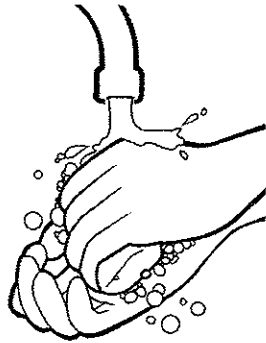
Use medication the way your doctor recommends it.

INFLUENZA (FLU) Flu and You

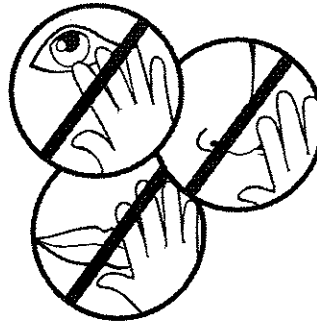
Everyday health habits to protect your health and the health of others:



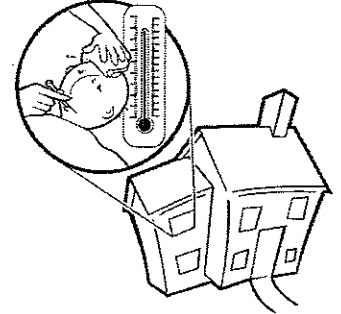
Cover your nose and mouth with a tissue or your arm when you cough or sneeze. Throw the tissue in the trash after you use it.



Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.



Do not touch your eyes, nose or mouth because germs spread this way.



If you are sick with flu-like symptoms, stay home for at least 24 hours after your fever is gone.*

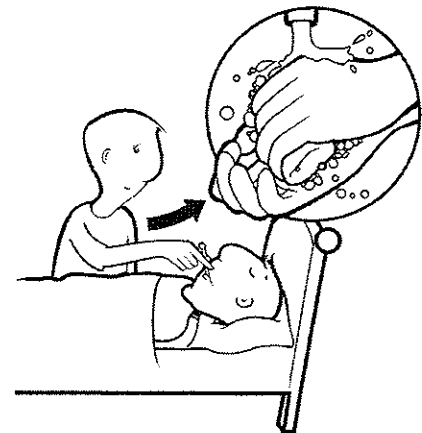
**Your fever should be gone without using fever-reducing medicine. Staying at home means that you should not leave your house except to get medical care. Stay away from others as much as possible so you don't make them sick.*

During flu season, be prepared in case you get sick and need to stay home for a few days. Keep some over-the-counter medicines, alcohol-based hand rubs, tissues, and anything else you need so that you do not have to go out while you are sick. If you are really sick or have other medical conditions or concerns, call your doctor. Your doctor will let you know if you need a flu test, flu treatment, or other care.



If I have a family member at home who is sick with the flu, should I go to work?

People who are not sick but have a sick family member at home with the flu can go to work as usual. Take simple steps such as washing your hands often with soap and warm water. If you cannot find soap and water, use an alcohol-based hand rub. Take these steps to prevent getting the flu from a sick family member.



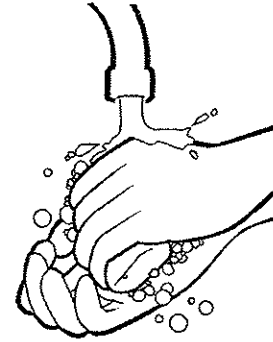
INFLUENZA (FLU) Flu and You

What is the best way to wash my hands to avoid germs?

Washing your hands often will help protect you from germs. When you wash your hands:

- Use soap and warm water.
- Wash for 15 to 20 seconds.

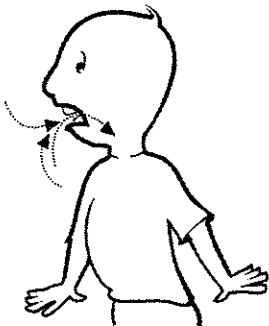
When soap and water are not available, use an alcohol-based hand rub. If using a hand rub, rub your hands with the sanitizer until they are dry.



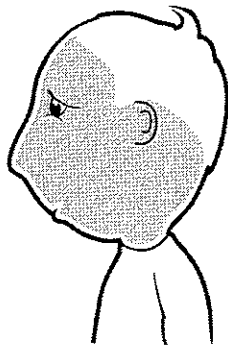
If you or someone you know gets sick and shows any of the following warning signs, get **EMERGENCY** medical care:



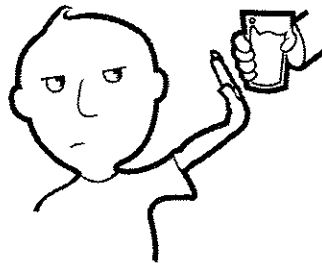
In children:



Fast breathing or trouble breathing



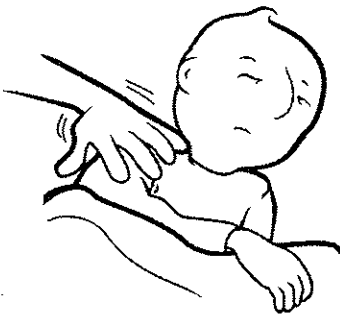
Bluish or gray skin color



Not drinking enough fluids



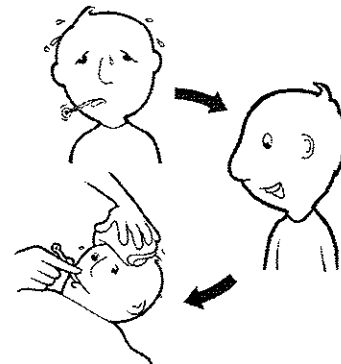
Serious or constant vomiting



Not waking up or not interacting



Being so irritable that the child does not want to be held



Flu-like symptoms improve but then return with fever and worse cough

In infants:

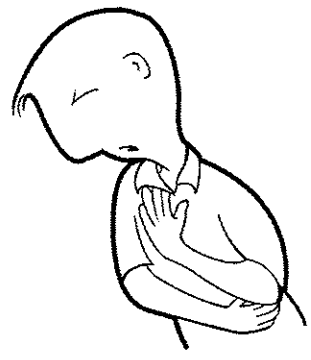
You should also look for these warning signs: being unable to eat, having no tears when crying, and having far fewer wet diapers than normal.

INFLUENZA (FLU) Flu and You

In adults:



Hard time breathing or shortness of breath



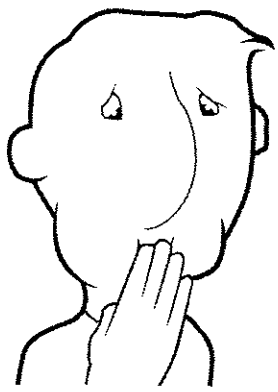
Pain or pressure in the chest or stomach



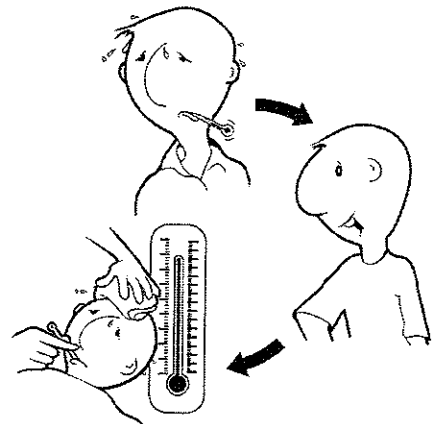
Sudden dizziness



Confusion



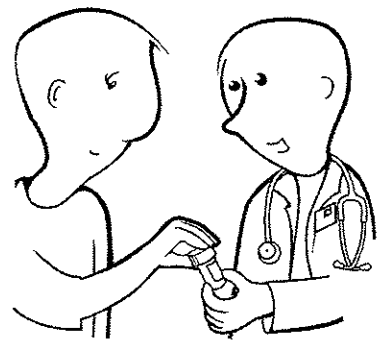
Serious or constant vomiting



Flu-like symptoms improve but then return with fever and worse cough

Are there medicines to treat the flu?

Yes. Prescription medicines called antiviral drugs can treat the flu. If you are sick, these drugs can make you feel better faster and make the flu feel milder. Most people who get sick get better without the need for these medicines. But, if you need help getting well, your doctor may decide to give you antiviral drugs.



For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to www.cdc.gov/flu.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention



The Flu:

A Guide For Parents

FLU INFORMATION

What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication.

Children with these conditions and children who are receiving long-term aspirin therapy can have severe illness from the flu.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?

People with the flu may be able to infect others by shedding virus from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can shed virus for longer, and may be still contagious past 5 to 7 days of flu illness, especially if they still have symptoms.

PROTECT YOUR CHILD

How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- ▶ Vaccination is recommended for everyone 6 months and older.
- ▶ It's especially important that young children and children with long term health conditions get vaccinated. (See list of conditions in "How serious is the flu?")
- ▶ Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- ▶ Another way to protect babies is to vaccinate pregnant women. Research shows that flu vaccination gives some protection to the baby both while the woman is pregnant and for up to 6 months after the baby is born.

Flu vaccine is updated annually to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.



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Is there a medicine to treat the flu?

Antiviral drugs are prescription medicines that can be used to treat and prevent influenza illness. They can make people feel better and get better sooner. Antivirals can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. Antiviral drugs are different from antibiotics, which fight against bacterial infections. They work best when started during the first 2 days of illness. It's very important that antiviral drugs are used early to treat the flu in people who are very sick (for example, people who are in the hospital) or who are at high risk of having serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, you and your children can take everyday steps to help prevent the spread of germs.

These include:

- ▶ Stay away from people who are sick.
- ▶ If your child is sick with flu-like illness, try to keep him or her in a separate room from others in the household, if possible.
- ▶ CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- ▶ Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.
- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children. Clean by wiping them down with a household disinfectant according to directions on the product label.



These everyday steps are a good way to reduce your chances of getting sick. However, a yearly flu vaccine is the best protection against flu illness.

IF YOUR CHILD IS SICK

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years old – and children with certain chronic conditions, including asthma, diabetes and disorders of the brain or nervous system, at high risk of serious flu-related complications. If your child is at high risk for flu complications, call your doctor or take them to the doctor right away if they develop flu-like symptoms.

What if my child seems very sick?

Even previously healthy children can get very sick from the flu.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years or older and does not have other health problems and gets flu-like symptoms, including a fever and/or cough, consult your doctor as needed:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish or gray skin color
- ▶ Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- ▶ Severe or persistent vomiting
- ▶ Not waking up or not interacting
- ▶ Being so irritable that the child does not want to be held
- ▶ Flu-like symptoms improve but then return with fever and worse cough
- ▶ Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

For more information, visit www.cdc.gov/flu or www.flu.gov or call 800-CDC-INFO

Keep your kids safe. Get their flu shots every year.

The Flu: A Guide for Parents

<p>Is the flu more serious for kids?</p>	<p>Infants and young children are at greater risk for getting seriously ill from the flu. That's why the New York State Department of Health recommends that all children 6 months and older get the flu vaccine.</p>
<p>Flu vaccine may save your child's life.</p>	<p>Most people with the flu are sick for about a week, and then they feel better. But, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick. Some can even die. An annual vaccine is the best way to protect your child from the flu. The vaccine is recommended for everyone 6 months and older every year.</p>
<p>What is the flu?</p>	<p>The flu, or influenza, is an infection of the nose, throat, and lungs. The flu can spread from person to person.</p>
<p>Who needs the flu shot?</p>	<ul style="list-style-type: none"> • Flu shots can be given to children 6 months and older. • Children younger than 9 years old who get a vaccine for the first time need two doses.
<p>How else can I protect my child?</p>	<ul style="list-style-type: none"> • Get the flu vaccine for yourself. • Encourage your child's close contacts to get the flu vaccine, too. This is very important if your child is younger than 5, or if he or she has a chronic health problem such as asthma (breathing disease) or diabetes (high blood sugar levels). Because children under 6 months can't be vaccinated, they rely on those around them to get an annual flu vaccine. • Wash your hands often and cover your coughs and sneezes. It's best to use a tissue and quickly throw it away. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands. This will prevent the spread of germs. • Tell your children to: <ul style="list-style-type: none"> • Stay away from people who are sick; • Clean their hands often; • Keep their hands away from their face, and • Cover coughs and sneezes to protect others.
<p>What are signs of the flu?</p>	<p>The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.</p>

<p>How does the flu spread?</p>	<p>People who have the flu usually cough, sneeze, and have a runny nose. The droplets in a cough, sneeze or runny nose contain the flu virus. Other people can get the flu by breathing in these droplets or by getting them in their nose or mouth.</p>
<p>How long can a sick person spread the flu to others?</p>	<p>Most healthy adults may be able to spread the flu from one day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with weaker immune systems).</p>
<p>What should I use to clean hands?</p>	<p>Wash your children's hands with soap and water. Wash them for as long as it takes to sing the "Happy Birthday" song twice. If soap and water are not handy, use a hand sanitizer. It should be rubbed into hands until the hands are dry.</p>
<p>What can I do if my child gets sick?</p>	<p>Make sure your child gets plenty of rest and drinks lots of fluids. Talk with your child's doctor before giving your child over-the-counter medicine. If your children or teenagers may have the flu, never give them aspirin or medicine that has aspirin in it. It could cause serious problems.</p>
<p>Can my child go to school or day care with the flu?</p>	<p>No. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children.</p>
<p>When can my child go back to school or day care after having the flu?</p>	<p>Children with the flu should be isolated in the home, away from other people. They should also stay home until they have no fever without the use of fever-control medicines and they feel well for 24 hours. Remind your child to protect others by covering his or her mouth when coughing or sneezing. You may want to send your child to school with some tissues, and a hand sanitizer, if allowed by school.</p>

For more information about the flu, visit
health.ny.gov/flu

Or, www.cdc.gov/flu
Centers for Disease Control and Prevention



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