



HEALTH ALERT: INFLUENZA

Influenza is a highly contagious viral infection of the respiratory tract. The flu season tends to run from October to May, with most cases happening in late December and early March.

- SIGNS: Fever, runny nose, sore throat, bad cough, chills, headache, dizziness, loss of appetite, tiredness, vomiting/nausea, weakness, ear pain, and diarrhea. Infants may seem fussy all of a sudden or "just not looking right".
- TRANSMISSION: Droplets. People with the flu can spread it to others (via cough, sneeze, or talking) up to 6 feet away. Less often, a person might get the flu by touching a surface or object that has the flu virus on it and then touching their own mouth or nose.
- INCUBATION: 1-4 days
- TREATMENT: Doctor may give antiviral medications. Treatment is based on symptoms. Drink clear fluids and rest.
- EXCLUSION: Must be symptom free. Follow up with the doctor and provide a note clearing your child to return to daycare.

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