

## Flu Guide for Parents

Protecting your kids is what you do. Keep them safe from the flu.

What is the flu? The flu, or influenza, is a viral infection of the nose, throat and lungs. The flu can spread from person to person.

How can I protect my child? Flu shots can be given to children six months and older. Get the flu shot yourself.

Clean your hands often, cover your sneezes and coughs and encourage your children to do the same. You and your children should use tissues that can be quickly thrown away to cover their sneezes and coughs. If a tissue is not available use your upper sleeve and not your hands.

What are the signs of the flu? The flu comes on suddenly. Most people feel very tired, have a high fever, headache, dry cough, sore throat, runny or stuffy nose and sore muscles. Some people, especially children, may have stomach problems and diarrhea. The cough can last two or more weeks.

How long can a sick person spread the flu? Most adults can spread the flu from one day before getting sick to five days after getting sick. This can be longer in children.

What to do if my child gets sick? Get plenty of rest and drink lots of fluids. Talk to your doctor before using over the counter medications. Never give your child medicine with aspirin in it – this can cause more serious problems.

When can my child go back to school? Your child should stay home and rest until their temperature has been normal for twenty-four hours.

For more information about the flu, visit

<http://www.nyhealth.gov/diseases/communicable/influenza/fact-sheet.htm>

Or [www.cdc.gov/flu](http://www.cdc.gov/flu)