

Influenza

Cause: Influenza virus. Influenza A and B are most often the cause of large numbers of respiratory illnesses in a population.

Symptoms: Fever, chills, body aches, headache, cough, runny nose and sore throat. Children may develop ear infections, pneumonia or croup as a result of influenza.

Incubation: 1-4 days, usually 2 days. It is spread person to person through droplet infection. It can also spread by touching secretions from the infected person or by touching hands, tissues or other items soiled with these secretions. Influenza is most contagious during the 24 hours before symptoms begin. Children can spread the illness from the nose for 7 days after illness begins.

Can the child come to school: Child should stay at home until fever is gone and child is well enough to participate in routine activities.

Prevention/Control: Influenza vaccine is encouraged for children 5 years and younger, especially infants 6-23 months of age. All age groups should be vaccinated for influenza. As with any respiratory virus good handwashing is important.

Treatment: Call your healthcare provider. Medications may shorten the course of the illness if given within 36-48 hours after symptoms begin.

****DO NOT GIVE ASPIRIN TO CHILDREN WITH INFLUENZA****

There is a risk of developing Reye's Syndrome when children take **ASPIRIN** for a viral illness

Please contact your school nurse if your child is diagnosed with influenza.