

FLU NOTICE

THE FLU
A Guide for Parents



What is the influenza (flu) virus?
Influenza (the "flu") is caused by a virus which spreads from person to person. The CDC estimates that 20 million to 50 million people get the flu each year. The flu is a contagious respiratory illness that can be prevented and treated. It is important to get your child vaccinated against the flu every year.

How can I tell if my child has a cold or the flu?
Most people with the flu have a fever and have been sick in the past. Some people, especially children, may not have a fever. The flu is more likely than a cold to cause a fever. The flu is more likely than a cold to cause a fever. The flu is more likely than a cold to cause a fever.

Call or take your child to a doctor right away if your child:

- Has a high fever or fever that lasts for more than 3 days.
- Has trouble breathing.
- Has a cough that lasts for more than 2 weeks.
- Has a sore throat that lasts for more than 2 weeks.
- Has a rash that lasts for more than 2 weeks.
- Has a headache that lasts for more than 2 weeks.
- Has a stiff neck that lasts for more than 2 weeks.
- Has a change in behavior that lasts for more than 2 weeks.

How can I protect my child from the flu?

- Get your child vaccinated against the flu every year.
- Avoid close contact with people who have the flu.
- Avoid touching your eyes, nose, and mouth.
- Avoid sharing drinks, food, or utensils with someone who has the flu.
- Avoid being in crowded places.
- Avoid being in enclosed public spaces.
- Avoid being in public places.
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For additional helpful information about the dangers of the flu, visit www.cdc.gov/flu or www.flu.gov

When should I do if my child gets sick?

Call your doctor if your child has a fever that lasts for more than 3 days, or if your child has a cough that lasts for more than 2 weeks, or if your child has a change in behavior that lasts for more than 2 weeks.

Call or take your child to a doctor right away if your child:

- Has a high fever or fever that lasts for more than 3 days.
- Has trouble breathing.
- Has a cough that lasts for more than 2 weeks.
- Has a sore throat that lasts for more than 2 weeks.
- Has a rash that lasts for more than 2 weeks.
- Has a headache that lasts for more than 2 weeks.
- Has a stiff neck that lasts for more than 2 weeks.
- Has a change in behavior that lasts for more than 2 weeks.

How can I protect my child from the flu?

- Get your child vaccinated against the flu every year.
- Avoid close contact with people who have the flu.
- Avoid touching your eyes, nose, and mouth.
- Avoid sharing drinks, food, or utensils with someone who has the flu.
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When should my child stay home from child care?

Children should stay home from child care if they have a fever, a cough, or a sore throat. Children should stay home from child care if they have a fever, a cough, or a sore throat.

What can I do to prevent the spread of germs?

- Wash your hands with soap and water.
- Avoid touching your eyes, nose, and mouth.
- Avoid sharing drinks, food, or utensils with someone who has the flu.
- Avoid being in crowded places.
- Avoid being in enclosed public spaces.
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During the 2009 legislative session, a new law was passed that requires child care facilities, family day care homes and large family child care homes provide parents with information detailing the causes, symptoms, and transmission of the influenza virus (the flu) every year during August or September.

My signature below verifies receipt of the brochure on Influenza Virus, The Flu, A Guide for Parents

Child's Name: _____ Parent Name: _____ Signature: _____ Date: _____	Child's Name: _____ Parent Name: _____ Signature: _____ Date: _____	Child's Name: _____ Parent Name: _____ Signature: _____ Date: _____	Child's Name: _____ Parent Name: _____ Signature: _____ Date: _____
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