



Prevention and Care of Flu at Home



How do you know if you have the flu?

If you have the flu, you will have a fever of at least 100°F and some or all of the following symptoms:

- Body aches
- Chills
- Headache
- Dry Cough
- Runny or Stuffy nose

How can you prevent the spread of flu?

When you cough or sneeze, tiny droplets that contain the virus go from your mouth and nose to surfaces that other people touch. This can spread the flu virus quickly.

These steps can be used to reduce the spread of the flu virus:

- Wash your hands frequently with soap and warm water for at least 20 seconds or with alcohol-based hand sanitizer.
- Cover your mouth and nose with a tissue when you cough or sneeze. If there is not a tissue available cough or sneeze into your sleeve.
- Keep your hands away from your eyes, nose, and mouth to limit the amount of germs that enter your body.
- Avoid close personal contact(hugging, kissing, shaking hands, etc.) If you are sick, stay away from work or school until 24 hours after the fever goes away without fever-reducing medications.
- Disinfect any surface that is commonly touched (doorknobs, switches, toys, telephones, remote controls, etc.)



How can you take care of yourself and your family?

Care of individuals with the flu can and should start at home. You should call your healthcare provider and/or 911 if your symptoms are severe and include a fever over 105, coughing that produces thick dark colored or bloody mucus, or dehydration. When caring for an individual with **normal flu symptoms** at home, follow the following suggestions:

REDUCE FEVER

- Drink plenty of fluids
 - Take fever-reducing medicines, such as acetaminophen(Tylenol), ibuprofen(Advil), or aspirin, following the instructions on the label.
- Do not use aspirin for anyone under the age of 20 without first consulting your physician.**

PREVENT DEHYDRATION

- Drink plenty of water and only eat foods that are easily digested, such as soup or broth.
- Drink fluids that contain electrolytes.
- If drinking makes nausea symptoms worse, drink one sip at a time until symptoms are gone.





IF YOUR CHILD IS SICK...
PLEASE FOLLOW THESE SIMPLE RULES TO HELP INSURE THE
HEALTH OF ALL STUDENTS AND STAFF AND TO PREVENT THE
SPREAD OF SICKNESS

FEVERS:

Students should stay home if their temperature is 100 degrees or higher. Ill students must be kept home until they have been fever-free for 24 hours without the use of fever-controlling medicine. Fever-controlling medicines include aspirin, acetaminophen (Tylenol), ibuprofen (Advil and Motrin), and Aleve. Aspirin should not be used in children under the age of 20 without Doctor's advice

ANTIBIOTICS

Students may return to school 24 hours after antibiotics have been started, if prescribed by the child's physician, and when the student has been fever-free for 24 hours without the use of fever-controlling medicine.

DIARRHEA

Students must be without diarrhea for 24 hours without the use of antidiarrheal medicines before returning to school.

VOMITING

Students must be without vomiting for 24 hours without the use of any antiemetic (such as phenergan) before returning to school.

RETURN TO SCHOOL

Generally, students will not be required to provide a medical excuse for absence due to influenza. Your child's principal or school nurse will notify you if a physician's excuse is necessary upon returning to school.