

# Flu Notification

On \_\_\_\_\_ a child in this childcare center had symptoms of the **flu**.

**What is it?** It is a viral illness that occurs in the winter and can affect many people at once. The flu is not the same as the common cold.

## What to watch for?

- Fever (101 to 104 Degrees) or runny nose
- Shaking, chills, body aches, muscle pain, and fatigue
- Vomiting or diarrhea
- Symptoms can last up to 10 days

## How to prevent it?

- Washing hands frequently will prevent the spread of disease.
- Get your flu shot every fall to reduce your chance of getting the flu.
- Keep up your resistance to the flu virus by eating a healthy diet, getting plenty of rest, and exercising regularly.

## What can we do at home?

- Get plenty of rest.
- Drink extra fluids to replace those lost.

## When do we call the doctor?

- Fever higher than 103 Degrees
- Difficulty breathing, or cough that lingers for more than 7 to 10 days.
- Excessive sputum production with cough or colored nasal drainage.
- If you seem to get better, then get worse again.

## When can my child return to the center?

- After taking antibiotics for more than 24 hours.
- Only small amount clear nasal drainage.
- When able to participate in regular activities with the rest of the group.