



# What **DAYCARES** Need to Know about Flu



## Signs & Symptoms of Flu:

1. Sudden onset of symptoms
2. Fever over 100° F in adults, and as high as 103° to 105° F in children
3. Chills and sweats
4. Headache
5. Dry cough; can become severe
6. Muscle/joint aches and pains
7. Fatigue and weakness
8. Loss of appetite
9. Diarrhea and vomiting in children

### Seasonal & H1N1 Flu

- Flu is a contagious respiratory illness caused by influenza viruses; H1N1 is also called “Swine” flu.
- Flu spreads from person to person (cough, sneeze, runny nose).
- In the US, 5% to 20% of the population gets seasonal flu.
- About 36,000 people die annually from flu-related causes in the US.
- H1N1 has caused greater disease burden in people **younger than 25 years of age** than in older people.
- People with certain chronic conditions may be at high risk for serious flu complications and should consult their physician.
- Those infected and contagious can infect others from 1 day before getting sick to 5 to 7 days after, possibly longer in children and people with weakened immune systems.



### PREVENTION IS KEY!

- **Educate and encourage students and staff to cover their mouth and nose** with a tissue when they cough or sneeze. Provide easy access to tissues and running water and soap, or alcohol-based hand cleaners. Cover coughs or sneezes using elbows instead of hands when a tissue is not available.
- **Remind teachers, staff, and students to practice good hand hygiene** and provide time and supplies to wash hands often.
- **Send sick students, teachers, and staff home** and advise them that sick people should stay at home until at least 24 hours after they no longer have a fever or signs of a fever
- **Clean surfaces and items** that are more likely to have frequent hand contact with cleaning agents that are usually used in these areas.
- **Move students, teachers, and staff to a separate room** if they become sick at school until they can be sent home. Limit the number of staff who take care of the sick person and provide a surgical mask for the sick person to wear.
- **Have Personal Protective Equipment (PPE) such as masks** available and ensure the equipment is worn by school nurses and other staff caring for sick people at school.
- **Encourage early medical evaluation for sick students and staff** at higher risk of complications from flu. People at high risk of flu complications who get sick will benefit from early treatment with antiviral medicines.
- **Stay in regular communication with local public health officials.**
- **Call parent(s)/guardian(s) right away if a child of any age has:**
  - Fast breathing or trouble breathing
  - Bluish or gray skin color
  - Not drinking enough fluids
  - Severe or persistent vomiting
  - Not waking up or not interacting
  - Being so irritable that the child does not want to be held
  - Symptoms improve but then return with fever and worse cough
  - Has other conditions and develops flu-like symptoms, including a fever and/or cough.

### FOR MORE INFORMATION

WWW.ERICOHEALTHOHIO.ORG ● WWW.ODH.OHIO.GOV ● WWW.CDC.GOV ●  
 WWW.FLU.GOV  
 1-800-CDC-INFO