

The Flu: Directions for Parents

Note: Do not send your child to school with a fever (100.4 or higher), diarrhea (runny stools), or vomiting until symptom free without medicine for 24 hours.

Flu-like symptoms may include:
Fever, headache, muscle pain, dry cough or non-productive cough, sore throat, runny nose, diarrhea, vomiting.

Do you have risk factors?

YES

Pregnant

or

**Chronic Disease
And no flu vaccination**

or

**Less than 2 years old
Asthma
Heart Disease
Cancer
Immune Deficiency
Asprin Therapy**

See Health Care Provider

No

Home Treatment includes:

- *Stay home and limit contact with others,
- *Rest
- *Adequate fluid intake (at least ½ cup of liquid every hour while awake. Popsicles are good.
- *Fever and pain reducers (do not use aspirin in children under 19)
- *Cover nose and mouth when you cough or sneeze
- *Wash hands often with soap and water

**Symptoms getting worse or
developing new symptoms**

See Health Care Provider