

Flu Information

Feeling achy? You could have the flu.

Feeling achy? Weak? Sneezing and coughing? If so stay home! Odds are you have the early symptoms of the flu. If your child is not feeling well, please keep them home during this intense flu season. The CDC (Center of Disease Control) advises staying home to help stop the spread of the flu. Children that need to take Tylenol, Advil, acetaminophen, ibuprofen or Motrin before school need to stay home. Children must be fever free for 24 hours without Tylenol, Advil, acetaminophen, ibuprofen or Motrin before returning to school

Influenza Symptoms

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

It's important to note that not everyone with flu will have a fever.

Please note: You can still get the flu, even if you have gotten the flu vaccine. Your symptoms may not be as severe. But, you are still very contagious. Please rest at home until you or your child feels better.

How Flu Spreads

Person to Person

People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose.

(To avoid this, people should wash their hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Linens, eating utensils, and dishes belonging to those who are sick should not be shared without washing thoroughly first. Eating utensils can be washed either in a dishwasher or by hand with water and soap and do not need to be cleaned separately.)