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www.dupagehealth.org

INFLUENZA FACT SHEET **FOR SCHOOLS AND CHILD CARE CENTERS**

With the arrival of cold and flu season and with an increase in influenza-like illness reports, the DuPage County Health Department is recommending increased awareness and actions to help control and prevent the spread of influenza (flu), toward keeping our students and community safe and healthy.

To prevent widespread flu in the school, **we recommend that your child stay home from school if experiencing flu-like illness symptoms** (such as fever, cough, and sore throat).

Since influenza is primarily spread by direct contact with nose and throat secretions, there are measures we can all take to reduce our chances of becoming sick with influenza and other similar infections:

- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. For medical questions or concerns, contact your physician.
- **Your child should stay home if he/she is sick** until at least 24 hours *after* there is no longer a fever or signs of a fever (without the use of fever-reducing medications). This will help reduce the number of people who may get infected.
- **Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue away after use and wash your hands. If a tissue is not available, cover your mouth and nose with your sleeve, not your hand.
- **Wash your hands often with soap and water, especially after you cough or sneeze.** If soap and water are not available, use an **alcohol-based hand rub**.
- **Avoid touching your eyes, nose, or mouth.** Germs spread this way.
- **Do not share eating utensils or drinking containers.** Persons should not share straws, cups, glasses, water bottles used during sports or recreation, etc.
- **Try to avoid close contact with people who are sick.**
- **Get your child and family vaccinated against seasonal flu.** Vaccination is recommended yearly for everyone 6 months and older.

If you or your physician have any further questions, please contact the DuPage County Health Department at (630) 221-7553. More information on seasonal influenza is available at: www.cdc.gov/flu/ and www.dupagehealth.org/data. Thank you for your time and cooperation.

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Everyone, Everywhere, Everyday

In an emergency go to www.protectdupage.org and tune into WDCB 90.9 fm radio.