# **Influenza Exposure Notice**

Your child may have been exposed to the **Influenza (flu) virus** on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Please check your child for symptoms through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

If your child has symptoms, please contact your child’s healthcare provider.

**A child with the flu may NOT return to school UNTIL they are free of fever for 24 hours without the use of medication that treats fever, such as Tylenol or Advil.**

## The flu is an illness caused by the influenza virus. It causes:

* Fever and/or chills
* Cough
* Sore throat
* Runny or stuffy nose
* Muscle or body aches
* Headaches
* Fatigue (tiredness)
* Sometimes vomiting and/or diarrhea, and this is more common in children.

## How is the flu spread?

* Coughing and sneezing
* Touching items that have the flu virus on it and then touching your own mouth or nose.
* A sick person can spread the flu one day before his or her symptoms start and as long as 7 days or longer after symptoms start.
* People who have immune problems, who are very young, or who are elderly and are experiencing symptoms of the flu should contact the doctor immediately.
* Go to the hospital if your child is having difficulty breathing or is unresponsive.
* Keep your child at home until the fever has resolved for 24 hours without the use of medications, such as Tylenol or Motrin.
* Wash hands frequently.
* Cough and sneeze into your elbow or a tissue.
* Clean commonly touched surfaces, such as doorknobs.
* Everyone 6 months and older should receive the flu shot once a year to protect from getting sick.

## Respiratory Illness Prevention Resources for Schools:

Flu: [Keep Our School Healthy](https://eziz.org/assets/docs/IMM-791.pdf) (ENG) [Mantenga Nuetra Escuela Saludable](https://eziz.org/assets/docs/IMM-791S.pdf) (SPAN)

Flu/COVID/Respiratory Illness Toolkits and Vaccine Info Multilingual: [Toolkits](https://eziz.org/resources/flu-promo-materials/)

Germ-Free Zone Multilingual: [Germ-Free Zone](https://eziz.org/assets/docs/IMM-789ML.pdf)

Flu and COVID-19 Vaccines: [Superheroes Need Vaccine](https://eziz.org/assets/docs/COVID19/IMM-1443.pdf)