

## **Influenza**

**Symptoms:** Fever, body aches, headache, stomachache, cough, sore throat, runny nose, chills

**Transmission:** Airborne when infected person coughs or sneezes or by touching the secretions of an infected person.

**Incubation Period:** 1-4 days

**Contagious Period:** Most contagious 24 hours before symptoms develop. Contagious individual can spread the illness up to 7 days after the illness begins.

**Exclusion from School:** Once fever is gone; wait 24 hours before attending school. Child should also be able to participate in normal school activities.

**Treatment:** Call your healthcare provider. Since influenza is a virus there is no treatment for the illness. There are medications that may shorten the duration of the illness (antiviral). Treatment should be aimed at keeping the child comfortable and treating the symptoms. **DO NOT GIVE ASPIRIN OR SALICYLATE CONTAINING MEDICATIONS TO ANYONE UNDER 18 YEARS OF AGE** due to the risk of developing Reye Syndrome.

Thank You,

School Nurse