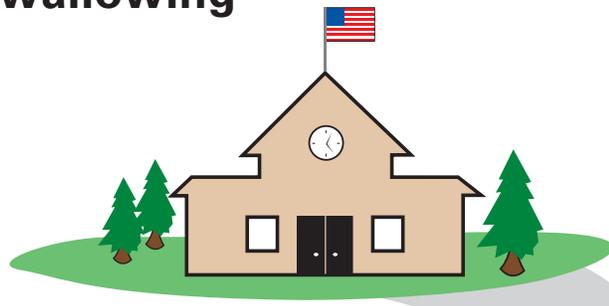


# Keep Our School Healthy

**Check your students  
for these signs of illness:**



- ✓ Coughing, with other signs of illness
- ✓ Fever or Chills
- ✓ Sore throat or trouble swallowing
- ✓ Headache
- ✓ Muscle aches
- ✓ Sneezing
- ✓ Vomiting
- ✓ Diarrhea
- ✓ Breathing trouble
- ✓ Unusual spots or rashes



**Send a  
sick child  
home**



**Stop the spread of disease at school.**

## What is influenza (also called flu)?

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu **vaccine** each year.

## Signs and symptoms of flu

People who have the flu often feel some or all of these signs and symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- 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.*

## How flu spreads

Most experts believe that flu viruses 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. 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, eyes or possibly their nose.

## Period of contagiousness

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Some people, especially young children and people with weakened immune systems, might be able to infect others for an even longer time.

Therefore, do not send your child back to school too soon. They may spread the flu or they can even have a relapse.

# Keep **Your Child** from Getting and Spreading **ENTEROVIRUS D68**



**Avoid close contact with sick people**



**Wash your hands often  
with soap & water**



**Cover your coughs  
& sneezes**



**Clean & disinfect surfaces**



**Avoid touching your face  
with unwashed hands**



**Stay home when you're sick**

