



# Influenza

## Parent Resource Template

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### DEFINITION

- Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. Influenza is not a stomach illness.

### SYMPTOMS

- Sudden onset of fever.
- Chills.
- Headache.
- Muscle aches & pains.
- Sore throat.
- Nasal congestion.
- Cough.
- Fatigue.
- Nausea/Vomiting (These symptoms alone or with fever are often caused by other factors, not influenza virus.).

### HOW IT IS SPREAD

- Influenza is spread through respiratory droplets or contact with respiratory secretions from an infected person.

## **PREVENTION**

- The most effective way to prevent the flu is by getting a flu vaccine.
- Good handwashing.
- Teach your child to cough or sneeze into a tissue or their elbow, and then wash their hands or use hand sanitizer.

## **TREATMENT**

- Influenza is treated primarily with rest and hydration.
- Anti-viral medications can be helpful in reducing the severity of influenza if given within the first 48 hours of the onset of symptoms.
- Non-aspirin fever reducing medication may be helpful.

## **RETURN TO SCHOOL.**

- Students may return to school when they are fever free for 24 hours (without the use of fever reducing medications).

## **CALL YOUR HEALTHCARE PROVIDER.**

- If treatment is ineffective or symptoms seem to be worsening.

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Information from the American Academy of Pediatrics