Influenza
Parent Resource Template

This document is only a template resource. If the template is used, please customize the document to include district’s/school’s nursing practices and branding.

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.

Created by:
Health Services Nurses
West Ada School District

Information from the American Academy of Pediatrics