

INFLUENZA (Seasonal Flu)

Seasonal flu is caused by influenza viruses that are similar to viruses which are already affecting people in the community.

Symptoms include fever, cough, runny nose, and muscle pain. Deaths can be caused by complications, such as pneumonia.

Healthy adults are not usually at risk for serious complications. The very young, the elderly, and those with certain underlying health conditions are at increased risk for serious complications.

Causes generally impact society modestly. However, sometimes schools will close and work places will encourage employees to stay home.

To limit the spread of germs and prevent infection:

- Teach children to wash hands frequently with soap and water or use hand sanitizer.
- Teach children to cover coughs and sneezes with tissues.
- Teach children to stay away from those who are ill with the flu at home.
- Stay home from school if ill.
- During flu season, check the temperature before schooldays.
- Children will be sent home from school if the temperature is over 100.0, suspicion of a contagious disease, vomiting, diarrhea, or general malaise (is too ill to remain in school).