INFLUENZA

CITY-COUNTY HEALTH DEPARTMENT
COMMUNITY HEALTH CARE CENTER, INC.

FACT SHEET

What is Influenza?

Influenza, commonly called the "flu," is a contagious respiratory illness caused by Influenza viruses. It can cause mild to severe illness and at times can lead to death.

Symptoms of Influenza

The flu usually comes on suddenly and may include these symptoms:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults



How do People get Influenza?

Flu viruses are thought to spread mainly from person to person through coughing or sneezing by people with Influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means that 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.

Diagnosis and Treatment of Influenza

Doctors can perform tests to see if you have the flu if you are in the first few days of your illness.

Antiviral drugs are sometimes prescribed by doctors for patients with seasonal flu.

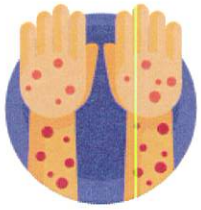
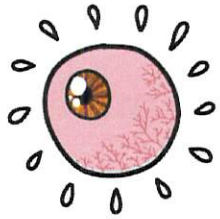
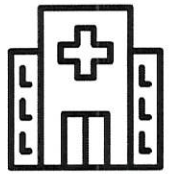
How Can I Help Prevent the Spread of Influenza?

A yearly flu vaccine is the first and most important step in protecting against this serious disease. To reduce the risk of transmission, you should also:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and wash your hands as soon as possible.
- Wash your hands often with soap and warm water, especially after you cough or sneeze. Alcohol-based hand sanitizers (at least 60% alcohol) can be used when soap and water are not available.
- Try to avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth.

For more information, contact a Public Health Nurse at the City-County Health Department at 454-6950 or visit www.cchdmt.org or www.cdc.gov

Vaughn Public School Illness Guidelines

I need to stay home if...						
Fever	Vomiting	Diarrhea	Rash	Lice	Eye Infection	Hospital Stay
						
Temperature of 100.4 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching and/or a fever	Itchy head with active head lice	Redness, itching and/or drainage from the eye	Hospital stay and/or ER visit

Working together to prevent the spread of illness means students can learn and staff will be present to teach!
Cats care about others; Are safe; Treat others with respect; and Solve problems responsibly!

I am ready to return to school when...						
Fever-free for 24 hours without the use of fever-reducing medication. Ie: Tylenol, Motrin, etc. *If students are sent home with a fever, they may return 24 hours later without the use of a fever-reducing medication.	Free from vomiting for 24 hours	Free from diarrhea for at least 24 hours	Free from rash, itching, or fever. Doctor's note if necessary.	Treated with appropriate lice treatment at home.	Evaluated by a doctor and have a note to return to school.	Released by a doctor/provider to return to school.

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