

Influenza



Every day prevention:

- ✓ Wash your hands! Use soap and water or alcohol hand gels.
- ✓ Cover your cough with a tissue or your elbow. Do not cough or sneeze into your hand.
- ✓ Avoid touching your eyes, nose and mouth.

Flu-like symptoms include:

- ✓ Fever over 100 degrees Fahrenheit
- ✓ Cough
- ✓ Sore throat
- ✓ Headache
- ✓ Extreme tiredness
- ✓ Runny or stuffy nose
- ✓ Muscle aches
- ✓ Vomiting and sometimes diarrhea

If you or a family member gets sick:

- ✓ Stay home from work, school, errands, and limit close contact with others to keep from infecting them. Sick people should stay home until they are **fever-free for 24 hours without medication. Upon returning to school, the child should come by the campus clinic before returning to class.**
- ✓ **Do not give aspirin to children.**
- ✓ Persons with flu-like symptoms may be asked to wear a mask while on a campus.
- ✓ Most people do not need to go to the doctor for the flu. A low fever with a stuffy nose is not the flu.
- ✓ These people should always call their doctor if they have the flu: children under the age of 5, pregnant women, adults over the age of 50, and anyone of any age that is immune compromised or has a chronic health condition such as asthma or diabetes.
- ✓ **These people should call their doctor immediately:**
Adults with difficulty breathing, pain in the chest or stomach, sudden dizziness, confusion, vomiting that won't stop, or flu symptoms that went away and then came back with a higher fever and worse cough.
Children with fast breathing, difficulty breathing, bluish or gray skin color, not drinking enough fluids, not waking up or not acting normally, vomiting that won't stop, fever with a rash, being so irritable that the child does not want to be held, or flu symptoms that went away and then came back with a higher fever and worse cough.

IF A DOCTOR IS NOT AVAILABLE, GO TO THE EMERGENCY ROOM

For More information:
www.cdc.gov/H1N1FLU
www.flu.gov
www.texasflu.org

Courtesy of Bell County Public Health District &
Killeen ISD Health Services