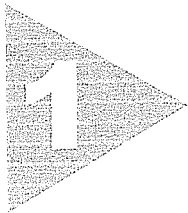


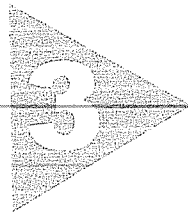
4 Great Ways to Fight Flu



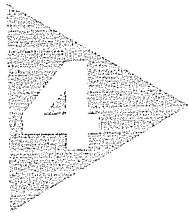
Get vaccinated every year.



Stay home if you're sick!



Cover your coughs and sneezes.



Wash your hands often.

Influenza is nothing to sneeze at! It's serious!

- ▶ People can get really sick and even die from influenza.
- ▶ Influenza is not just a cold or "the stomach flu."

Protect yourself and others....Get vaccinated!

- ▶ Influenza vaccine is safe.
- ▶ You **cannot** get influenza from the vaccine.
- ▶ For most people, influenza vaccination prevents the disease completely. Those who do come down with influenza, have a milder case of it.

GOT YOUR FLU SHOT?

Who needs flu vaccine? See other side.

Flu Symptom Screening Tool For Parents and Caregivers

Use this questionnaire each day your child is sick with flu-like symptoms and follow the instructions for when to keep the child home and what to tell the child's school.

Does your child have:

1. Fever of 100° F or higher? Yes No

(Take the child's temperature before giving him/her fever-reducing medicine, like Tylenol.)

2. Sore throat? Yes No

3. Cough? Yes No



Should I Keep My Child Home?

- If you checked "yes" for fever AND one of the other symptoms, keep your child home for at least 24 hours after his or her fever is gone without fever-reducing medicine. For many children this will be 5 to 7 days. Your child should feel well enough to participate in school before returning. If you have questions about your child's health or symptoms, call your child's doctor or clinic.
- If your child has been diagnosed by a doctor or clinic with a different disease, such as strep, follow your doctor or clinic's recommendation and school policy for when to return to school.

What Should I Tell My Child's School?

- If you checked "yes" for fever AND one of the other symptoms, tell the school that your child is home with influenza-like illness.
- If your child has been diagnosed by a doctor or clinic with a different disease, such as strep, tell your child's school.



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