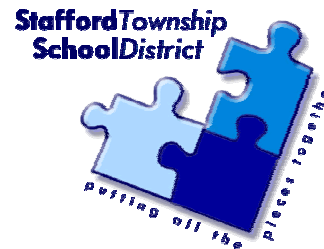


## Call the Doctor if you have questions or concerns or if your child has:

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- A hard time breathing or a bluish look to the lips
  - Vomiting caused by coughing that continues for several hours or does not stop
  - Is under 1 year old and has sunken eyes, no tears when crying and no wet diaper for over 8 hours. These are signs of dehydration. Place cotton balls into the diaper to determine if urine is being passed.
  - Is over 1 year old and has sunken eyes, no tears when crying and no urine for 12 hours. These are signs of dehydration.
  - Fever over 100.4° that continues for more than 4 days (96 hours)
  - Deep cough with lots of mucus
  - Earache (babies may pull on the ears, wake up more often or be more irritable or fussy)
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For additional information contact your school nurse at 609-978-5700

Primary Learning Center x1276  
Ocean Acres x1113  
Oxycocus x1073  
McKinley Avenue x1140  
Intermediate x1074  
District Nurse Coordinator x 1205

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## Wellness Series

Keeping students healthy,  
fit and eager to learn

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## Influenza (Flu, Grippe)





# Influenza

Also known as  
“Flu” or “Grippe”

Influenza is an illness caused by a group of viruses. The viruses change from year to year, so even if your child has had influenza in the past, your child can be infected again. Influenza affects the respiratory (breathing) system from the nose and throat to the lungs.

## How will Influenza affect my child?

Infection spreads from person to person by direct contact with droplets coughed or sneezed into the air. Illness begins 1-3 days after exposure.

Influenza begins with a sudden onset of chills and fever. An older child may tell you of a headache, body ache or sore throat. There may be a dry, hacking cough. Vomiting and diarrhea may be present but the illness is not the same as “intestinal flu”. Infants may develop a hoarse cry and barking cough.



Preschool children often have an illness that is more like a severe cold, with high fever (often over 103°), runny nose and cough. They may be cranky and not eat well.

The illness lasts for 3-4 days. Cough and a worn out feeling may last for a week or more. Not all Flu is severe. Even in the same family, one child may be very sick while another child has only a mild illness.

## How is Influenza treated?

Mist from a humidifier or cool vaporizer may help the dry cough. Do not give cough medicines unless you are directed to do so by your child's doctor.

Call your doctor if your child has pain or fever over 102°.

Antibiotics are not usually prescribed for Flu.

Offer your child fluids often, especially if your child has a fever. Your child may not eat well for a few days. That will not harm your child as long as your child keeps drinking fluids.

**Encourage your child to blow his/her nose often and wash hands frequently.**

Active play may make a cough worse. Encourage quiet activities and rest for at least the first few days of illness.

Influenza spreads quickly. Have your older child cover his mouth and nose when coughing or sneezing and then wash his/her hands.



Keep your child home from school until there is no fever for 24 hours and your child feels better. Coughing may be present for a week or more but if your child has no fever and feels better, your child may go back to school or daycare.

## Who is High Risk?

A vaccine to prevent Influenza is recommended for children who are high risk. This includes children who have cancer, chronic disease of the heart, lungs, kidneys or nervous system or diabetes, asthma or anemia.

Doctors usually recommend that anyone 65 years or older, or who falls into a High Risk category, should have a influenza vaccine every year.