



# Flu Dos & Don'ts for Parents & Caregivers

## Helping Hands Tip Sheet



### Flu Symptoms:

- Fever/Chills
- Cough/Sore throat
- Runny/Stuffy nose
- Headache
- Fatigue/Aches
- Comes on suddenly



### Why is being prepared for flu season important:

1. Sick children in child care cause more sick children (and parents, siblings, and child care staff) - at home & in child care.
2. Parents and child care staff miss work unnecessarily.
3. Children with special health care needs are more susceptible to serious illnesses when their health is compromised.
4. The flu is inconvenient and NO FUN!

### Did you know?

- The flu is different than a cold
- Flu can be spread to others up to 6 feet away
- Can be spread 1 day prior to symptoms & 5-7 days after
- Flu may lead to more serious complications for young children and pregnant women
- Children are up to 3 times more likely to get sick with the flu than adults
- Flu can last up to 2 weeks
- You can die from the flu!



### Preventative Actions You Can Take

- Stay away from sick people
- Wash hands with soap & water
- Clean & sanitize surfaces
- Avoid touching eyes, nose, & mouth
- Cover nose & mouth when coughing
- Stay home if sick



### What Should I Do?

- ✓ Ensure children receive the flu vaccination
- ✓ Keep children home when showing symptoms of flu, including being fever-free for 24 hours prior to returning to child care
- ✓ Seek medical attention if symptoms persist
- ✓ Speak to your health care provider about your child's special health care needs
- ✓ Take preventative actions to reduce the likelihood of getting the flu