

Influenza Guidelines

WHAT IS INFLUENZA?

Influenza, also known as the flu, is a contagious respiratory virus that causes infection of the nose, throat, and lungs.

COMMON SIGNS & SYMPTOMS

- Fever
- Chills
- Muscle aches / body aches
- Cough
- Congestion
- Runny nose
- Headache
- Fatigue

CONTAGIOUS TIME PERIOD:

1 day prior to symptom onset, and 5-7 days afterwards.

TIME FROM EXPOSURE TO SYMPTOMS:

1-4 days

SPREAD BY:

Inhalation of respiratory droplets.

TREATMENT / SELF-CARE:

Rest, fluid intake, decongestants, anti-inflammatory medications and pain relievers to help with symptoms. In severe cases, an antiviral may be prescribed.

ACTION AT SCHOOL:

Exclude from school until fever-free. If no fever is present, students can stay in school.

CONSIDERATIONS AND PREVENTION MEASURES:

Practice good hand hygiene. Avoid kissing, sharing drinks, or utensils. Use proper disinfectant on surfaces and toys. Cover cough and sneeze with elbow. Change your toothbrush. Consider getting an annual influenza vaccination.

