



How You Can Protect Your Child Against Influenza (Flu)

- **Get a Flu Vaccine:** Ask your pediatrician if a flu vaccine is recommended for your child. Unless your doctor directs otherwise, get a flu vaccine for yourself and your child.
- **Avoid Close Contact:** Prevent your child from having close contact with sick people (hugging, kissing). Symptoms of flu include: fever, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting or diarrhea.
- **Cover Your Cough or Sneeze:** When coughing or sneezing, cover your mouth with a tissue and throw it in the trash after use. If you do not have a tissue, cough or sneeze into the inside of your elbow, not your hand.
- **Wash Your Hands:** Wash your hands or use hand sanitizer often.
- **Avoid Crowded Areas:** Do not take children around large crowds when flu is in your community (mall, movies, etc.)
- **Don't Share Germs:** Do not allow your child to share anything that goes into his/her mouth (drinking straws and cups)
- **Disinfect Your Home:** If someone in your house has the flu, use a household disinfectant to clean surfaces.
- **Keep Germs Away from Others:** If your child develops flu-like symptoms, keep him/her home from school or daycare. Children should stay home for at least 24 hours after fever is gone without using fever reduction medications. A fever is defined as 100°F or 37.8°C.

If you have questions, contact your child's primary care physician.

Reference: www.cdc.gov