Dear parent or guardian:

Your child recently may have been exposed to **influenza (flu).** The flu is a highly contagious respiratory disease.

If you think your child has the flu, keep them home from school or childcare until their symptoms are improving and they are fever-free for at least 24 hours without fever-reducing medicine.

# Symptoms

Symptoms begin suddenly and include:

* Fever.
* Headache.
* Chills.
* Muscle aches.
* Extreme tiredness.
* Dry cough.
* Sore throat.

Young children may also have nausea, vomiting, and diarrhea.

# Spread

People can spread influenza 1 day before showing symptoms. It spreads easily through the air by coughing or sneezing. Flu germs also spread on contaminated surfaces and objects.

# Diagnosis and treatment

Drink fluids and get plenty of rest. Over the counter medications may ease symptoms. Healthcare providers may prescribe antiviral medication if diagnosed early.

# Prevention

Everyone 6 months or older should get flu vaccine every year. Vaccines for children are free in Washington State. Contact your child’s healthcare provider or find free vaccine locations at **(((locally relevant website)))**.

Good hand hygiene is also important:

* Wash your hands frequently and thoroughly with soap and warm water. Antibacterial soap is not necessary.
* Teach children to cover coughs and sneezes with a tissue or elbow.
* Throw tissues after each use.
* Wash your hands after using a tissue.
* Avoid touching your eyes, mouth, and nose.

# Learn more

For more info, contact a healthcare provider.