

Lorain County General Health District

Keep Sick Students Home



"For The Health of Us All"

What are the symptoms of the flu?

Symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people with the flu will not have a fever. A cold is also caused by a virus and has similar symptoms to the flu, but is usually more mild.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. A person can also get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

How long can a sick person spread the flu to others?

People with the flu may be able to infect others 1 day before getting sick to 5 to 7 days after.

When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

Can my child go to school if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

Keep sick students home—so they can get back to conquering the world!



Flu Resources

- ♦ Lorain County Flu - LorainCountyFlu.com
- ♦ Centers for Disease Control - Flu.gov

Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.



@LorainCoHealth



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SOURCES:

- 1) CDC.GOV/H1N1FLU/SCHOOLS/TOOLKIT/PDF/SCHOOLFLUTOOLKIT.PDF
- 2) CDC.GOV/FLU/PDF/FREERESOURCES/UPDATED/A_FLU_GUIDE_FOR_PARENTS.PDF
- 3) CDC.GOV/FLU/ABOUT/QA/COLDFLU.HTM