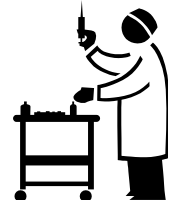


**What is Seasonal Flu?** A viral infection caused by influenza viruses A and B. H1N1, an Influenza A virus, has been circulating for nearly 5 years, and is now considered one of the seasonal flu viruses.

**Flu Symptoms** – fever, body aches, headache, dry cough, and a sore or dry throat are all symptoms of flu. Flu sufferers will probably feel tired and less hungry than usual. The flu does not normally cause vomiting or diarrhea in adults. It usually takes 1 to 4 days to get symptoms of flu after being around someone with the virus. The symptoms are usually worse than a cold and last longer.

**Prevention – Set a good example by doing it yourself, then, teach your child to:**

- Wash their hands frequently with soap and warm water for 20 seconds
- Cough or sneeze into a tissue, throw tissues away immediately.
- No tissue? Cough or sneeze into your elbow/upper sleeve, not your hands
- **If you are sick stay home**



**Flu Vaccine** – A flu vaccine is recommended for everyone 6 months old and older. Your local pharmacist, family doctor or the public health office can deliver the vaccine as a shot or in a spray that you breathe in through your nose. For more information visit [www.fraserhealth.ca](http://www.fraserhealth.ca) [www.fraserhealth.ca](http://www.fraserhealth.ca) or [www.fightflu.ca](http://www.fightflu.ca).

**If Your Child is Sick**

- Unless they need medical attention, **keep children who are sick at home**. Don't send them to school or daycare.
- Have them drink plenty of liquid (juice, soup, water, Pedialyte™)
- Keep the sick child comfortable, rest is important
- For fever, sore throat and muscle aches, use fever-reducing medicines that your doctor recommends based on your child's age.
- If someone in your home is sick, keep them away from those who are not sick
- Keep tissues close to the sick person and have a trash bag within reach for disposing used tissues.

IS IT A COLD OR THE FLU?		
SYMPTOM	COLD	FLU
fever	rare	usual high fever (102°F to 104°F) sudden onset, lasts 3 – 4 days
headache	rare	usual – can be severe
general aches and pains	sometimes, mild	usual – often severe
fatigue and weakness	sometimes, mild	usual – severe, may last 2-3 weeks or more
extreme fatigue	unusual	usual early onset – can be severe
runny, stuffy nose	common	common
sneezing	common	sometimes
sore throat	common	common
chest discomfort, coughing	sometimes, mild to moderate	usual – can be severe
COMPLICATIONS	can lead to sinus congestion or earache	can lead to pneumonia and respiratory failure; can worsen a current chronic condition; can be life-threatening

## SEVERITY INDICATORS

If you develop the following symptoms, see a health care provider right away

- Shortness of breath, rapid breathing or difficulty breathing
- Chest pain
- Bluish or grey skin colour
- Bloody or coloured mucus/spit
- Sudden dizziness or confusion
- Severe or persistent vomiting
- High fever lasting more than three days
- Low blood pressure

Additional symptoms to watch for in children:

- Not drinking enough fluids or eating
- Not waking up or interacting
- Irritability; not wanting to play or be held