PARENT/GUARDIAN: Your child may have been exposed to seasonal influenza (flu).

**SYMPTOMS**

- Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.
- In some cases diarrhea and vomiting can occur.
- Illness may last up to 7 days.
- If your child has been infected, it may take up to 7 days (usually 2 days) for symptoms to start.

**SPREAD**

- **Influenza is contagious** during the 24 hours before and up to 7 days after the illness begins.
- It is spread by coughing and sneezing.
- Flu can also be spread by touching contaminated hands, objects or surfaces and then touching eyes, nose, or mouth.

**TREATMENT**

- If you or your child gets the flu, antiviral drugs are a treatment option. Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick.
- Check with your doctor promptly if you have a high risk condition
- Most healthy people who get the flu do not need to be treated with antiviral drugs.

**PREVENTION**

- **Vaccination is the best way to prevent seasonal influenza.**
- **If child has flu symptoms, keep them home from school and/or childcare** for at least 24 hours after the fever is gone (without the use of fever-reducing medications) and is well enough to participate in routine activities. This will likely be 5 to 7 days.

*For more information, call Long Beach Department of Health and Human Services Epidemiology Program at 562.570.4302.*