



Continue to help  
fight off contagious  
illnesses!!!

## Influenza?

**Can my child go to school or day care if they are sick with the flu?**

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

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

**Keep children home 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 or higher.**

**How can I protect my child against the flu?**

According to the Centers for Disease Control and Prevention, the first and most important thing you can do is to get a flu vaccine for yourself and your child. Talk to your doctor.

- Vaccination is recommended for everyone 6 months of age and older.

**What can I do if my child gets sick?**

Talk to your doctor early if you are worried about your child's illness.

- Children 5 years and older without other health problems: Consult your doctor as needed and make sure your child gets plenty of rest and drink enough fluids
- Children younger than 5 — and especially those younger than 2 — and those of any age who have a long-term health condition such as asthma or diabetes are at greater risk for serious complications from the flu. Talk with your doctor.

**What if my child seems very sick?**

Seek emergency care or take your child to a doctor right away if he/she has any of the warning or emergency signs below.

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids (not going to the bathroom or making as much urine as he or she normally does)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

**What are the symptoms of the flu?**

Symptoms of the flu 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.



## strep throat?

Group A Streptococcus (strep) is a contagious bacterial infection that causes fever, sudden onset of a sore throat, swollen tonsils and painful swallowing. With appropriate treatment, most symptoms completely resolve within one week.



Strep throat accounts for  
**15–30%**  
of all sore throats in  
children ages 5 to 15

### Diagnosis and treatment

If a throat swab tests positive for group A strep bacteria, your child will likely receive a 10-day course of oral antibiotics. Symptoms should start to improve within two days. To reduce the risk of complications, it is important to complete the entire course of antibiotics as prescribed.

**Children should not return to school until they have been on antibiotics for at least 24 hours and their fever has resolved.**

### Signs and symptoms

#### Common symptoms include:

- Fever of 100.4°F or higher
- Swollen tonsils or lymph nodes
- White pus on the tonsils
- Pain when swallowing
- Red spots on the roof of the mouth

#### Some children may experience:

- Headache
- Stomach pain
- Nausea and vomiting
- Body aches

### How to prevent strep throat

Strep throat is often spread through direct contact with an infected person or by sharing drinks or food. Limit close contact with people who are sick and wash your hands frequently with soap and water or alcohol-based sanitizer.



# MAY YOUR DAY

be touched by a bit of



# IRISH LUCK



brightened  
by a song

IN YOUR HEART,

(and warmed by the smiles)

OF THE PEOPLE YOU

# LOVE