INFLUENZA Flu

WHAT IS THE FLU?

Influenza or flu is a contagious respiratory disease. It is caused by a virus that attacks the nose, throat, and lungs. The flu causes body aches, fever, and extreme tiredness that come on suddenly.

The flu can cause mild to severe illness, other serious health problems, or hospitalization.

THE BEST PROTECTION AGAINST THE FLU IS VACCINATION.

SYMPTOMS

Fever >100.4 or Chills

Cough

Sore Throat

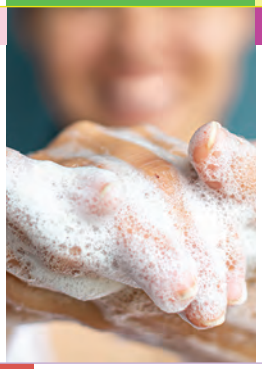
Bodyaches

Headache

- **Runny** or **Stuffy Nose**
- **Fatigue** (TIREDNESS)
- **Vomiting + Diarrhea** (IN SOME CHILDREN)

HOW DOES THE FLU SPREAD?

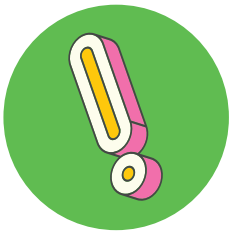
- Through respiratory droplets from coughs, sneezes, or talking.
- Droplets can be inhaled or land on surfaces, such as desks or doorknobs.
- Touching the droplets and then touching your mouth, nose, or eyes can cause infection.
- Flu is contagious one day before symptoms start, and up to 5-7 days after getting sick.



HOW CAN I PROTECT MY CHILD?

- **Talk to your child's healthcare provider** or school nurse about an annual flu vaccine.
- **Teach your child to wash their hands often** with soap and water.
- **Keep your child away from others who are sick.**
- **Regular school attendance is important,** but it is also important to keep sick children home to prevent the spread of flu to others.

WHY IS THE FLU VACCINE IMPORTANT?



- The flu vaccine is **safe** and **effective**.
- The flu vaccine helps **prevent serious illness**. Even if your child gets sick, **symptoms are likely to be milder and shorter in duration**.
- The flu vaccine will **protect you** and **those around you** who either can't get the vaccine or may be more vulnerable to the flu and its complications.

For more information about the flu, visit **dph.georgia.gov/flu** or talk to your healthcare provider or school nurse.

GaDOE Georgia Department of Education / DPH GEORGIA DEPARTMENT OF PUBLIC HEALTH