

Keep your kids safe. Get their seasonal flu shots every fall or winter.

Seasonal Flu Guide for Parents

Is seasonal flu more serious for kids?	Infants and young children are at a greater risk for getting seriously ill from the flu. That's why the New York State Department of Health recommends that all children 6 months and older get the seasonal flu vaccine.
Flu vaccine may save your child's life.	Most people with seasonal flu are sick for about a week, and then they feel better. But, some people, especially young children, pregnant women, older people, and people with chronic health problems can get very sick. Some can even die. A flu vaccine is the best way to protect your child from seasonal flu.
What is seasonal flu?	The flu, or influenza, is a viral infection of the nose, throat, and lungs. The flu can spread from person to person.
Flu shot or nasal-spray vaccine?	<ul style="list-style-type: none">• Flu shots can be given to children 6 months and older.• A nasal-spray vaccine can be given to healthy children 2 years and older.• Children younger than 5 years who have had wheezing in the past year --or any child with chronic health problems --should get the flu shot, not the nasal-spray vaccine.• Children younger than 9 years old who get a vaccine for the first time need two doses.
How else can I protect my child?	<ol style="list-style-type: none">1. Get the seasonal flu vaccine for yourself.2. Encourage your child's close contacts to get seasonal flu vaccine, too. This is very important if your child is younger than 5 or if he or she has a chronic health problem like asthma (breathing disease) or diabetes (high blood sugar levels).3. Clean your hands often and cover your coughs and sneezes. This will prevent the spread of germs.4. Tell your children to:<ul style="list-style-type: none">• stay away from people who are sick;• clean their hands often;• keep their hands away from their face, and• cover coughs and sneezes to protect others. It's best to use a tissue and quickly throw it away. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
What are signs of the flu?	The flu comes on suddenly. Most people with the flu feel very tired and have a high fever, headache, dry cough, sore throat, runny or stuffy nose, and sore muscles. Some people, especially children, may also have stomach problems and diarrhea. The cough can last two or more weeks.



How does the flu spread?	People who have the flu usually cough, sneeze, and have a runny nose. The droplets in a cough, sneeze or runny nose contain the flu virus. Other people can get the flu by breathing in these droplets or by getting them in their nose or mouth.
How long can a sick person spread the flu to others?	Most healthy adults may be able to spread the flu from one day before getting sick to up to 5 days after getting sick. This can be longer in children and in people who don't fight disease as well (people with weaker immune systems).
What should I use to clean hands?	Wash your children's hands with soap and water. Wash them for as long as it takes to sing the "Happy Birthday" song twice. If soap and water are not handy, use wipes or gels with alcohol in them unless they are visibly soiled. The gels should be rubbed into hands until the hands are dry.
What can I do if my child gets sick?	Make sure your child gets plenty of rest and drinks lots of fluids. Talk with your child's doctor before giving your child over-the-counter medicine. If your children or teenagers may have the flu, never give them aspirin or medicine that has aspirin in it. It could cause serious problems.
Can my child go to school/day care with the flu?	No. If your child has the flu, he or she should stay home to rest. This helps avoid giving the flu to other children.
When can my child go back to school/day care after having the flu?	Children with the flu should be isolated in the home, away from other people. They should also stay home until they are symptom-free for 24 hours (that is, until they have no fever without the use of fever-control medicines and they feel well for 24 hours.) Remind your child to protect others by covering his or her mouth when coughing or sneezing. You may want to send your child to school with some tissues, wipes or gels with alcohol in them if the school allows gels.

For more information about the flu, visit
<http://www.health.ny.gov/diseases/communicable/influenza/seasonal/>

Or, www.cdc.gov/flu
Centers for Disease Control and Prevention



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Flu Symptom Screening Tool for Parents and Caregivers

Use this questionnaire each day your child is sick with flu-like symptoms and follow the instructions for when to keep the child home and what to tell the child's school.

Does your child have:

- | | | |
|--|------------------------------|-----------------------------|
| 1. Fever of 100° F or higher?
(Take the child's temperature <u>before giving him/her fever-reducing medicine</u> , like Tylenol.) | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 2. Sore throat? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| 3. Cough? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

Should I keep My Child Home?

- If you checked "yes" for fever AND one of the other symptoms, keep your child home for at least 24 hours after his or her fever is gone without fever-reducing medicine. For many children this will be 5 to 7 days. Your child should feel well enough to participate in school before returning. If you have questions about your child/s health or symptoms, call your child's doctor or clinic.
- If your child has been diagnosed by a doctor or clinic with a different disease, such as strep, follow your doctor or clinic's recommendation and school policy for when to return to school.

What Should I Tell My Child's School?

- If you checked "yes" for fever AND one of the other symptoms, tell the school that your child is home with influenza-like illness.
- If your child has been diagnosed by a doctor or clinic with a different disease, such as strep, tell your child's school.

Thank you for your support in keeping all children healthy!

Ms. Flores
School Nurse



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Herramienta de Proyección para los Síntomas de la Gripe para Padres y Cuidadores

Utilice este cuestionario cada día que su hijo/a esté enfermo/a con síntomas similares a la gripe y siga las instrucciones para cuando mantener al niño/a en casa y que decir a la escuela del niño/a.

¿Tiene su hijo/a? :

1. ¿Fiebre de 100° F o más? Si ☐ No ☐
(Tome la temperatura del niño/a **antes de darle a él/ella medicinas para reducir la fiebre** como Tylenol.)
2. ¿Dolor de garganta? Si ☐ No ☐
3. ¿Tos? Si ☐ No ☐

¿Debo mantener a mi hijo/a en casa?

- Si marcó "sí" para la fiebre y uno de los otros síntomas, mantener a su hijo/a en casa por lo menos 24 horas después de que la fiebre haya desaparecido sin medicamentos antifebriles. Para muchos niños esto será de 5 a 7 días. Su hijo/a debe sentirse lo suficientemente bien como para participar en la escuela antes de regresar. Si usted tiene preguntas acerca de salud o síntomas del niño/a, llame al médico o la clínica de su hijo/a.
- Si su hijo/a ha sido diagnosticado por un médico o una clínica con una enfermedad diferente, como por estreptococo, siga la recomendación de su médico o clínica para cuando regresar a la escuela

¿Qué debo decirle a la escuela de mi hijo/a?

- Si marcó "sí" para la fiebre y uno de los otros síntomas, informe a la escuela que su hijo/a está en casa con una enfermedad **similar a la influenza**.
- Si su hijo/a ha sido diagnosticado por un médico o una clínica con una enfermedad diferente, como por **estreptococo**, informe a la escuela de su hijo/a.

¡Gracias por su apoyo en el mantenimiento de todos los niños sanos usted!

Sra. Flores
Enfermera Escolar