Influenza (Flu)

Influenza (flu) is a respiratory illness caused by influenza viruses. They can infect the nose, throat, and sometimes lungs. Be aware of the signs of flu in your child.

SIGNS AND SYMPTOMS

Flu can cause mild to severe illness. Symptoms of flu usually come on suddenly, and can include:

- Fever,
- Cough,
- Sore throat,
- Feel
- Runny or stuffy nose,
- Muscle or body aches,
- Headache,
- Feeling tired, and, in some cases,
- Throwing up or diarrhea.

PREVENTION

The best way to protect against flu is to get a yearly flu vaccine for yourself and your child. The vaccines for flu are safe and work well. Other ways to prevent flu in your child include:

- Keeping them away from sick people and children,
- Reminding them to cover their coughs and sneezes,
- Washing their hands with soap and water often, and
- Cleaning surfaces and toys that may be covered with flu viruses.



TREATMENT

You can treat most symptoms at home without a prescription. There are medicines you can buy at your grocery store or drug store. Some people may need medicine prescribed by a doctor. You do need to see the doctor IF your child:

- Is having trouble breathing,
- Has a fever, and it won't go away, or
- Is at risk of getting very sick from flu, because of their age or health conditions.







CONNECT WITH A COUNTY OF SAN DIEGO PUBLIC HEALTH NURSE FOR MORE INFORMATION

CALL: 1 (866) 358-2966 OPTION 5 EMAIL: PHS-IZPHN.HHSA@SDCOUNTY.CA.GOV

