

Your child may have been exposed to:**Influenza
(Flu)**

Influenza (also known as flu) is a common viral respiratory infection. Influenza is not “stomach flu”, a term used by some to describe illnesses causing vomiting or diarrhea.

If you think your child has the flu, tell your childcare provider or call the school.

Keep your child home from childcare and school until 24 hours after fever is gone (without the use of a fever reducing medicine) and your child is healthy enough for routine activities.

Do not give aspirin or salicylate-containing medicines to anyone under 18 years of age.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

Symptoms

Your child may have chills, body aches, fever, and headache. Your child may also have a cough, runny or stuffy nose, and sore throat.

Illness may last up to 7 days.

If your child has been infected, it may take 1 to 4 days (usually 2 days) for symptoms to start.

Spread

- By coughing or sneezing.
- By touching contaminated hands, objects, or surfaces.

Contagious period

During the 24 hours before and up to 7 days after the illness begins.

Call your health care provider

- If anyone in your home has a high fever and a coughs.

Antibiotics do not work for illnesses caused by a virus, including influenza.

Prevention

- Cover nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Do not share anything that goes into the mouth, such as drinking cups, straws, and water bottles.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth. Use a product that kills germs.
- Annual influenza vaccination is recommended for everyone older than six months of age. Ask your health care provider about flu vaccine.

RESPIRATORY INFECTIONS

Many different germs may cause colds and respiratory illnesses with fever. These illnesses are very common during fall and winter months. Infants and young children who experience common respiratory infections and are also exposed to second-hand tobacco smoke are at increased risk of developing bronchiolitis, bronchitis, pneumonia, and middle ear infections.

CAUSE	Many different viruses (e.g., parainfluenza, various adenoviruses) and bacteria (e.g., <i>Mycoplasma pneumonia</i>).
SYMPTOMS	May include runny nose, sneezing, chills, tiredness, fever, muscle aches, sore throat, and cough which may last 2 to 7 days. Bronchitis, specifically, is characterized by a dry, harsh, increasingly productive cough and green or yellow sputum production (in older children) that can last 1 to 2 weeks.
SPREAD	Respiratory viruses and bacteria are spread when an infected person coughs or sneezes tiny droplets into the air, and another person breathes them in. Also can be spread by touching the secretions from the nose and mouth of an infected person or by touching hands, tissues, or other items soiled with these secretions and then touching one's eyes, nose, or mouth.
INCUBATION	It may take up to 10 days after exposure for symptoms to start.
CONTAGIOUS PERIOD	Shortly before symptoms begin through the duration of acute symptoms. This may last from 5 to 8 days.
EXCLUSION	<u>Childcare</u> and <u>School</u> : Until fever is gone without the aid of fever reducing medication and the child is well enough to participate in routine activities.
DIAGNOSIS	Recommend parents/guardians call their health care provider if their child has a high fever, difficulty swallowing or breathing, or persistent sore throat or cough.
TREATMENT	Most respiratory infections are viral illnesses; therefore, antibiotics will not be effective.

Do not give aspirin or salicylate-containing medications to any child or adolescent under 18 years of age.

PREVENTION/CONTROL

- Cover nose and mouth with a tissue when coughing and sneezing or cough/sneeze into your sleeve. Dispose of used tissues in the trash.
- Wash hands thoroughly with soap and warm running water after contact with secretions from the nose or mouth or handling used tissues. **Thorough handwashing is the best way to prevent the spread of communicable diseases.** If soap and water are not available, use an alcohol-based hand sanitizer.
- Clean and disinfect commonly touched surfaces (door knobs, refrigerator handles, crib rails, water faucets, cupboard handles) at least daily (see Section 2).

RESPIRATORY INFECTION (VIRAL)

PREVENTION/CONTROL CONTINUED

- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled (see Section 2).
- Do not allow sharing of anything that goes into the mouth such as drinking cups, straws, water bottles, and eating utensils.

For more information, call Hennepin County HSPHD-Epidemiology at (612) 543-5230 or call your local health department.



Your child may have been exposed to:

Strep Throat

Strep throat and a strep throat with rash (scarlet fever) are common bacterial infections in children.

If you think your child has **strep throat**, tell your childcare provider or call the school.

Keep your child home from childcare and school until 24 hours after antibiotic treatment begins and the fever is gone.

Children who test positive for strep, but do not have symptoms, do not need to be excluded. They are unlikely to spread the infection to other people.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

Symptoms

Strep throat - Your child may have a fever that starts suddenly, red sore throat, and swollen glands. Headache may occur. Children may have stomach pain and vomiting.

Scarlet fever - Sometimes a very fine red rash appears at the same time as the throat soreness. The rash feels like sandpaper and is most often on the neck, chest, elbow, groin, inner thigh, and folds of the armpit. Later on, the skin on the fingertips and toes may peel.

If your child is infected, it may take 2 to 5 days for symptoms to start.

Spread

- By coughing or sneezing.
- By touching contaminated hands, objects, or surfaces.

Contagious period

Until 24 hours after antibiotic treatment begins.

Call your health care provider

- If anyone in your home has symptoms. A doctor may do a lab test and give antibiotics. Not all sore throats are caused by strep.

Prevention

- Cover nose and mouth when coughing and sneezing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Never share drink containers, cups, or silverware. Wash all dishes with hot soapy water between uses.
- Clean and disinfect any objects that come in contact with secretions from the nose or mouth (especially mouthed toys). Use a product that kills germs.