



Health Alert

Influenza

Please be aware we are seeing an increase in Influenza cases. Influenza is a contagious viral infection. The two most common types of influenza are the Influenza A and B viruses. While they differ in prevalence (Influenza A is more common than B), both strains have very similar symptoms.

Symptoms

- Sudden onset of fever
- Runny nose or congestion
- Sore throat
- Cough
- Muscle or body aches
- Headache
- Fatigue
- Nausea or vomiting

The center will be following the How Sick is Too Sick Guidance from the State.

The following guidance will be used to determine when a child experiencing the above symptoms may return to child care:

- Children should stay home until they are fever free for 24 hrs without the use of fever-reducing medications.
- All other symptoms, including cough, have resolved or have been improving for 24 hours.

This is a reminder to keep sick children home where they can rest and get well.



Thank you!
Your Child Health Connection Nurse