

Flu Illness Alert Important Notice to Parents

A number of community members have been experiencing an influenza-like illness with symptoms of fever, vomiting, stomach cramps and general fatigue. It is likely that seasonal flu is the cause of these symptoms.

If your child has these symptoms, you should inform your physician of possible exposure to flu and have your child examined. If your physician suspects flu, there is a lab test that can be performed to confirm it.

The usual treatment for influenza illness is rest at home, plenty of fluids, and non-aspirin pain relievers for fever or discomfort. It is not usually treated with antiviral medications unless the sick person has a higher risk for serious complications, such as children younger than 5 years of age, people over 65, and people with impaired immune systems, pregnant females or anyone with very severe symptoms.

An annual flu shot is the best way to prevent influenza illness. If you or your child has not yet had a flu shot, you should contact your primary healthcare provider to get one. People who have influenza are contagious for 5 to 7 days after the symptoms start.

In summary, we recommend the following:

- ◆ **Contact your health care provider if your child has influenza-like symptoms or you have concerns about his/her health**
- ◆ **Please consider getting an annual flu shot for everyone in your household**
- ◆ **If diagnosed by a physician with influenza, or if you suspect influenza because your child has flu symptoms, please keep your child home until 7 days after the start of symptoms, while he/she is contagious to others**

If you have any questions please contact **Denver Public Health**, 303-602-3614 Monday through Friday, between 8:00 am and 4:00 pm.