

Seasonal Influenza (Flu) Fact Sheet for Parents

In your child's child care center

Some cases of influenza (flu) have been reported from your child's child care center. Flu is different from the common cold. It can cause fever, cough, sore throat, headache, muscle aches, and vomiting. Flu can be very serious and may even cause death in some people with chronic health conditions, young children, pregnant women, or elderly persons.

How does the flu spread?

Flu spreads between people when those sick with the flu cough, sneeze, or even talk. The flu virus can be spread to people up to six feet away. Flu can also spread when people touch their face or eyes after touching something that a sick person has touched.

How to prevent the flu?

Use the Centers for Disease Control and Prevention's **"Take 3 Actions"**

- 1.** Flu vaccination is the best way to prevent the flu. DHEC strongly recommends all South Carolina residents older than 6 months old get the flu vaccine as soon as possible to prevent the flu, unless they have a medical reason not to be vaccinated.
- 2.** Take everyday preventive actions. Avoid close contact with ill persons. Keep your child home if they have a fever (100°F or higher), until the fever has resolved without the use of medicines for a duration of 24 hours. Cover your nose and mouth with a tissue or upper sleeve when you cough or sneeze. Frequently, wash hands with soap and water or alcohol-based hand rub. Also, frequently clean and disinfect surfaces that are high touch areas.
- 3.** Take influenza antiviral medicines, if prescribed.

Quick Stats

Since 2010, an estimated 7,000 to 26,000 flu-associated hospitalizations have occurred annually in children less than 5 years of age (CDC, 2016).

In a recently published CDC study, flu vaccination reduced the risk of a flu-associated death by 65% among healthy children and 51% among children with high-risk medical conditions (CDC, 2017).

Resources

More information is available at the Center for Disease Control and Prevention (CDC) and DHEC websites:
cdc.gov/flu
scdhec.gov/flu