

Know the Symptoms of Influenza

- Fever (Usually high)
- Headache
- Extreme tiredness
- Dry Cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms such as nausea, vomiting, and diarrhea can occur but more common in children than adults

Please monitor each family member for these symptoms on a daily basis. Stay home and seek medical care as needed. If you do seek medical care for these symptoms, use hand sanitizer and face mask provided at the entry of the clinic or emergency room to protect others from germs. If you do not tolerate the face mask, let someone know and ask to be in a difference room from the general area.

Teaching your children hand hygiene and cough etiquette are important pieces to stop the spread of any disease. Please discuss this at home and model these behaviors for your family. Also, keep ill family members home and quarantine within your home if symptoms of influenza-like illness is present. It is also important to keep a close eye on your children and contact your health care provider should he/she have difficulty breathing, change is level of consciousness, lethargy, or dehydration.