

# Influenza (Flu)

Influenza (flu) is a respiratory illness caused by influenza viruses. They can infect the nose, throat, and sometimes lungs. Be aware of the signs of flu in your child.

## SIGNS AND SYMPTOMS

Flu can cause mild to severe illness. Symptoms of flu usually come on suddenly, and can include:

- Fever,
- Cough,
- Sore throat,
- Runny or stuffy nose,
- Muscle or body aches,
- Headache,
- Feeling tired, and, in some cases,
- Throwing up or diarrhea.

## PREVENTION

The best way to protect against flu is to get a yearly flu vaccine for yourself and your child. The vaccines for flu are safe and work well. Other ways to prevent flu in your child include:

- Keeping them away from sick people and children,
- Reminding them to cover their coughs and sneezes,
- Washing their hands with soap and water often, and
- Cleaning surfaces and toys that may be covered with flu viruses.



## TREATMENT

You can treat most symptoms at home without a prescription. There are medicines you can buy at your grocery store or drug store. Some people may need medicine prescribed by a doctor. You do need to see the doctor IF your child:

- Is having trouble breathing,
- Has a fever, and it won't go away, or
- Is at risk of getting very sick from flu, because of their age or health conditions.



**CONNECT WITH A COUNTY OF SAN DIEGO  
PUBLIC HEALTH NURSE FOR MORE INFORMATION**

**CALL: 1 (866) 358-2966 OPTION 5  
EMAIL: PHS-IZPHN.HHSA@SDCOUNTY.CA.GOV**

