Influenza

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses.

Influenza claims the lives of about 100 children in the US every year and hospitalizes approximately 20,000 children annually. The best way to protect your family from influenza (flu) is to get everyone in your household vaccinated.

* Influenza vaccination is especially important for people with compromised immune systems or certain underlying medical conditions, such as asthma, diabetes, and heart disease.
* Vaccines are safe and are subject to extensive testing in the US. Vaccination is the best way to prevent influenza. The influenza vaccine can reduce chances of getting the flu by 70 to 90 percent and, if someone gets vaccinated but still gets the flu, chances are they will get a less severe case.

<http://www.preventchildhoodinfluenza.org/>

**Influenza Symptoms**

* Fever or feeling feverish/chills
* Cough
* Sore throat
* Runny or stuffy nose
* Muscle or body aches
* Headaches
* Fatigue (tiredness)
* Some people may have vomiting and diarrhea, though this is more common in children than adults

<https://www.cdc.gov/flu/pdf/freeresources/updated/fluguideforparents_brochure.pdf>

Considering the current Pandemic, as your child’s school nurse(s) we now more than ever urge families to become vaccinated against influenza. There are many similarities between COVID-19 and influenza symptoms and acquiring one of these viruses may also increase the risk of acquiring and/or recovering from the other.