



**Tarrant County
PUBLIC HEALTH**

*Safeguarding our
Community's health*

**1101 S. Main St.
Fort Worth, TX. 76104**

Dear Parent or Guardian:

As fall and winter approach, more cases of the flu are expected in our community. The flu is a viral infection caused by the influenza virus. Please note the following information regarding influenza:

- The flu is spread through respiratory droplets produced when someone sneezes or coughs as well as contact with a surface or object contaminated with the virus and then touching the nose or mouth.
- Typical symptoms of the flu include fever, cough, sore throat, runny or stuffy nose, body aches, chills and fatigue and typically last 4 to 7 days.

What should you do if your child becomes ill?

- If your child becomes ill, please keep him/her out of child care at least 24 hours until he/she no longer has a fever without fever reducing medication.
- Children with certain health conditions may face special medical challenges during flu season. Contact your healthcare provider to discuss medication options to prevent illness or lessen the severity of symptoms. Medication against the virus is most effective if given within 2 days of feeling ill.
- If your child displays any of the following symptoms, please seek emergency care:
 - Fast breathing or trouble breathing
 - Bluish or gray skin color
 - Not drinking enough fluids
 - Severe or persistent vomiting
 - Not waking up or not interacting
 - Being so irritable that the child does not want to be held
 - Flu-like symptoms improve but then return with fever and worse cough

There are ways to prevent the spread of the flu:

- Get vaccinated against seasonal and the 2009 H1N1 flu.
- Wash hands often especially after covering a cough or sneeze
- Cover your cough or sneeze with the sleeve of your shirt or a tissue.

Thank you for your help in stopping the spread of the flu.