

As Flu season continues, please read the information shared by General McLane High School Nurse, Laurie Swanson.

The Flu-how does it spread?

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze or talk. Flu viruses also may spread when people touch something with flu virus on it and then touch their mouth, eyes, or nose. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread the flu to someone else before you even know you are sick — in addition to the duration of your time sick. Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5-7 days.

Ways to avoid spreading and getting the flu:

- Get the Flu shot. It is not true that you can get the flu from the shot.
- Try to avoid close contact with sick people.
- If you or your child gets sick with flu-like illness, stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue or your elbow when you cough or sneeze.
- Wash your hands for 1 full minute, often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated.
- See your health care provider as soon as symptoms occur. There is medication to reduce the severity of the flu.***

IS IT A COLD OR THE FLU?

COLD	SYMPTOM	FLU
<p>YES</p>	STUFFY OR RUNNY NOSE	<p>SOMETIMES</p>
<p>YES</p>	SNEEZING	<p>SOMETIMES</p>
<p>YES, with green or yellow gunk</p>	COUGH	<p>YES, a dry cough</p>
<p>YES</p>	SORE THROAT	<p>SOMETIMES</p>
<p>MILD head & body aches</p>	BODY ACHES	<p>SEVERE aches all over</p>
<p>NO</p>	NAUSEA	<p>SOMETIMES</p>
<p>RARE for adults</p>	FEVER	<p>YES</p>
<p>NO</p>	CHILLS & SWEATS	<p>YES</p>
<p>SLOWLY, over a few days</p>	WHEN DO THE SYMPTOMS COME ON?	<p>FAST, within hours</p>