

What parents need to know about the flu



What is influenza (Flu)?

Influenza is a serious, highly contagious, acute respiratory infection that is caused by a virus.

How does the flu spread?

The flu spreads easily from infected people through coughing and sneezing. It also spreads through direct contact with contaminated surfaces, unwashed hands, or objects such as eating utensils that have been contaminated by the influenza virus. Young children are infectious from 24 hours before symptoms appear up until seven to 10 days afterwards.

How can you help prevent your child from getting the flu?

- Get your family immunized
- Teach your child to wash their hands with soap and water thoroughly and encourage regular washing especially before meals
- Teach your child to sneeze or cough into their upper sleeve or a tissue, not their hand
- Keep your child at home when they are sick and limit contact with others



For more information on clinic dates, times and locations, visit www.york.ca/flu

For health-related information call York Region *Health Connection* at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools