

# Influenza

Flu (short for Influenza) is a common infectious viral illness spread by coughs and sneezes. It can be very unpleasant, but you will usually begin to feel better within about a week. You can catch flu – short for influenza – all year round, but it's especially common in winter, which is why it's also known as "seasonal flu".

Influenza is not the same as the common cold. Flu is caused by a different group of viruses (A, B and C) and the symptoms tend to start more suddenly, be more severe and last longer.

**The symptoms of flu usually develop within one to three days of becoming infected. Most people will feel better within a week.**

## Some main Symptoms may include:

- Fever (temperature above 37.8C)
- Headache
- Body Aches
- Tiredness and weakness
- A dry, chesty cough
- Blocked or runny nose
- Sneezing
- Sore throat
- Diarrhoea and /or vomiting

## Treatment:

- Usually you can manage flu symptoms at home
- Resting
- keeping warm
- Drinking plenty of fluid to avoid dehydration
- If you have a fever take a fever reducing medication
- See your Doctor if symptoms get worse or last longer than a week.

## Prevention:

- The annual Flu Vaccination reduces the risk of getting flu every year although it's not 100% effective because it doesn't work against every possible type of flu virus.
- Good hand hygiene and respiratory etiquette is the most important and effective way of preventing spread of the infection.

***If your child has confirmed influenza please inform the nursery and keep them at home until they are feeling better and have been free from symptoms for at least 24 hours and they have been confirmed fit to return to school.***

Thank you for your cooperation.

For further information and advice please contact the Nursing Team.