

Slowing the spread of flu:

everyone has a role to play

What is flu?

The flu is different to and worse than the common cold. The main symptoms of flu are sudden onset of fever, dry cough, extreme tiredness and body aches. The flu spreads easily and can cause severe illness. **If your child has flu symptoms, it's important they stay home from school until they are fully recovered, or for at least 7 days.**

How can I help slow the spread of flu?

It's important to take precautions against flu all the time. This is because a person can spread flu even before they show signs of being unwell, and for some time after they get sick. Young children can spread the flu virus for up to 21 days after developing symptoms of flu.

Getting vaccinated is the best way to slow the spread of flu. There are other simple but effective things you and your child can do:

1. Keep away from others

If your child has flu symptoms, keep them at home and away from others until they are fully recovered.



2. Wash your hands

Teach your child to wash their hands with soap and warm water (or alcohol wipes/gel) straight after coughing, sneezing or blowing their nose.



3. Cover your cough

Give your child tissues and teach them to cover a cough/sneeze with a tissue, rather than their hands. Used tissues should go in the bin straight away.

Teach your child to **cover their cough with the inside of their elbow** if they don't have a tissue handy (rather than their hands).

