



# Influenza (Flu)

Your child may have been exposed to the flu. Influenza (also known as flu) is a common viral respiratory infection that is typically seen from November to April. Influenza is not “stomach flu”, a term used by some to describe illnesses causing vomiting or diarrhea.

## If you think your child has the flu:

- Tell your childcare provider or call the school.
- Keep your child home from childcare and school until 24 hours after fever is gone (without the use of a fever reducing medicine) and your child is healthy enough for routine activities.
- **Do not give aspirin or salicylate-containing medicines to anyone under 18 years of age.**
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

## Parent/Guardian information

### Symptoms

Your child may have chills, body aches, fever, tiredness, and headache. Your child may also have a cough, runny or stuffy nose, and sore throat.

Illness may last up to 7 days.

If your child has been infected, it may take 1 to 4 days (usually 2 days) for symptoms to start.

### Spread

- By coughing or sneezing.
- By touching contaminated hands, objects, or surfaces.

### Contagious period

During the 24 hours before and up to 7 days after the illness begins.

### Call your health care provider

- If anyone in your home has a high fever and a cough.
- Antibiotics do not work for illnesses caused by a virus, including influenza.

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### Prevention

- Annual influenza vaccination is recommended for everyone older than six months of age. Ask your health care provider about flu vaccine.
- Cover nose and mouth when sneezing or coughing, using a tissue or your sleeve. Dispose of used tissues in the trash right away.
- Using a product that kills germs, clean and disinfect anything that comes in contact with secretions from the nose or mouth.
- Do not share anything that goes into the mouth, such as drinking cups, straws, and water bottles.

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*Updated February 2025*

