

Influenza (flu):

What is it?

- A common, contagious respiratory illness caused by a virus

What are the symptoms?

- Fever
- Chills
- Body aches
- Headache
- Cough
- Runny or stuffy nose
- Sore throat



How is it different from the common cold?

- Onset:
 - Influenza is acute and comes on suddenly (within hours)
 - Colds come on slowly, often developing over several days
- Symptoms:
 - Influenza often has more severe symptoms in which headaches, body aches, and a high fever are common.
 - Colds often have less severe symptoms in which headaches, body aches, and fevers are rare or mild
- Duration
 - Influenza lasts about 3-7 days
 - Colds last about 7-10 days

How is the virus spread?

- Coughing or sneezing
- Touching contaminated hands, surfaces, or objects (toys!)

How long is an individual contagious?

- 24 hours before symptoms begin up to 7 days after symptoms start

What can I do to prevent influenza?

- Get your annual influenza vaccination
- Cover nose and mouth when sneezing or coughing using a tissue or your elbow
- Wash hands frequently
- Do not share cups, straws, utensils, or water bottles
- Stay away from other sick people
- Clean and disinfect commonly touched surfaces and toys daily



When should children be excluded from daycare/childcare?

- Experiencing fever of 100°F or higher
- Child cannot perform normal activities
- Exclude for 24 hours after fever resolves



Norovirus (stomach illness):

What is it?

- Virus that causes acute gastrointestinal illness

What are the symptoms?

- Nausea
- Vomiting
- Diarrhea
- Stomach cramping
- Low-grade fever, headache, or muscle aches (rare)



What can I do to prevent norovirus?

- Wash hands—after using the bathroom, before handling food or ice, before eating, after changing diapers
- Do not handle or prepare foods if you are ill
- Clean and disinfect commonly touched surfaces and toys daily
- Clean and disinfect contaminated surfaces or objects immediately after an episode of vomiting or diarrhea



How is the virus spread?

- Infected individuals do not wash their hands after using the bathroom and then touch other individuals, surfaces, objects (toys!), or food contaminating them.
- Vomiting can spread the virus through the air.

How long is an individual contagious?

- Typically for 3 days following the last episode of vomiting or diarrhea

When should children be excluded from daycare/childcare?

- Experiencing vomiting or diarrhea
- Child cannot perform normal activities
- Exclude for at least 24 hours following last episode of vomiting or diarrhea

