



## Influenza: Prescription for Health

Your child \_\_\_\_\_ has an influenza-like illness (fever  $\geq 100^{\circ}\text{F}$  with a cough or sore throat). In order to protect your child's health, and that of others, please follow these recommendations:

- Keep your child home until his/her symptoms are gone and until they have been free of fever (less than  $100^{\circ}\text{F}$ , without the use of a fever-reducing medication) for at least 24 hours.
- Have your child get plenty of rest.
- Have your child drink plenty of fluids.
- Ask your child's healthcare provider or pharmacist for advice on medicine to ease your child's symptoms, such as acetaminophen (do not give your child aspirin if they have a cold or flu).
- Call your child's healthcare provider if you have any questions.
- If your child has difficulty breathing, or if symptoms get better then worse, call your child's healthcare provider immediately, or seek emergency medical attention.

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Adapted from Spokane Regional Health District