

## Flu Symptoms and Emergency Warning Signs

The symptoms of flu can include:

- Fever (although not everyone with flu has a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Tiredness
- Sometimes diarrhea and vomiting

Emergency warning signs that indicate a person should get medical care right away include:

- . In children:
  - Fast breathing or trouble breathing
  - Bluish skin color
  - Not drinking enough fluids
  - Not waking up or not interacting
  - Being so irritable that the child does not want to be held
  - Flu-like symptoms that improve but then return with fever and worse cough
  - Fever with rash
- . In addition to the signs above, get medical help right away for any infant who has any of these signs:
  - Being unable to eat
  - Has trouble breathing
  - Has no tears when crying
  - Has significantly fewer wet diapers than normal
- . In adults:
  - Difficulty breathing or shortness of breath
  - Pain or pressure in the chest or abdomen
  - Sudden dizziness
  - Confusion
  - Severe or persistent vomiting
  - Flu-like symptoms that improve but then return with fever and worse cough

### **Encourage students, parents, and staff to take everyday preventive actions to stop the spread of germs.**

- Encourage respiratory etiquette among students and staff through education and the provision of supplies. See [Cover Your Cough](#).
  - Teach students and staff to cover coughs and sneezes with a tissue or their arm. If they use a tissue, they should put the used tissue in a trash can and wash their hands.
  - Provide adequate supplies within easy reach, including tissues and no-touch trash cans.
- Encourage hand hygiene among students and staff through education, scheduled time for handwashing, and the provision of supplies. See [Handwashing: Clean Hands Save Lives](#).
  - Teach students and staff to wash hands often with soap and water for 20 seconds, dry hands with a paper towel, and use the paper towel to turn off the faucet. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer containing at least 60% alcohol may be used.

- Include handwashing time in student schedules.
  - Provide adequate supplies, including clean and functional handwashing stations, soap, paper towels, and alcohol-based hand sanitizer.
  - Encourage students and staff to keep their hands away from their nose, mouth, and eyes.
  - Encourage routine surface cleaning through education, policy, and the provision of supplies.
- See [How To Clean and Disinfect Schools To Help Slow the Spread of Flu](#).
- Routinely clean surfaces and objects that are touched often, such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, and phones. Empty trash cans as needed.
  - Use general cleaning products that you normally use. Always follow product label directions. Additional disinfection beyond routine cleaning is not recommended.
  - Provide adequate supplies, such as general EPA-registered cleaning products, gloves, disinfecting wipes, and no-touch trash cans.
  - Match your cleaning activities to the types of germs you want to remove or kill.
    - Flu viruses are relatively fragile, so standard practices, such as cleaning with soap and water, can help remove and kill them.
    - Most studies have shown that the flu virus can live and potentially infect a person for only 2 to 8 hours after being deposited on a surface. Therefore, special sanitizing processes beyond routine cleaning, including closing schools to clean every surface in the building, are not necessary or recommended to slow the spread of flu, even during a flu outbreak.
    - Some schools may include other cleaning and disinfecting practices in their standard procedures to address germs that are not removed or killed by soap and water alone.
- Encourage students and staff to stay home when sick through education and policy.
    - Teach students, parents, and staff the importance of staying home when sick until at least 24 hours after they no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius, measured by mouth) or signs of a fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever-reducing medicine.
    - Review school policies, and consider revising those that make it difficult for students and staff to stay home when sick or when caring for others who are sick.
      - Implement flexible sick leave policies for students and staff.
      - Avoid the use of perfect attendance awards.
      - Cross-train staff so that others can cover for co-workers who need to stay home.