

## Flu Season

Influenza is described as a contagious respiratory illness with symptoms that usually come on quite suddenly and are more severe than the common cold. Symptoms include fever(usually high), chills, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches. Symptoms may last up to 10 days and people are contagious a day before symptoms develop and up to 5-7 days after becoming sick.

### To help prevent further cases, please do the following:

- Practice good hand washing; before eating, after coughing, sneezing, blowing your nose and after using the bathroom.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Do not share food/drinks
- Have your child stay home with fevers(usually defined as 100 degrees), respiratory problems, not feeling well, etc
- Consider having your child vaccinated with the flu vaccine. See your local physician or the Eagle County Nurse @ 704-2760.