



# INFLUENZA



Influenza (flu) is an acute viral infection of the respiratory tract. It is highly infectious with an incubation period of one to three days. It is spread by droplets, or contact with infected person. Flu can be more serious in children with chronic diseases such as diabetes, or asthma

## Symptoms of Flu

Fever, body aches or pains, headache, dry cough, sore throat, stuffy nose, low energy or fatigue.

## Flu vaccine for children

Children aged 2, 3 and 4 years are offered intranasal flu vaccination by their GP.

Children in Reception, Years 1, 2, 3, 4 and 5 are offered intranasal flu vaccination in the school setting by the School Nurse team

It is important to immunise children in order to prevent the spread of virus in the community and to protect small children and those with underlying medical conditions.

The immune response following flu vaccination takes about two weeks to develop fully.

Flu vaccine is highly recommended for pregnant staff.

## Advice to parents about Intranasal Influenza vaccine.

Vaccinated children are known to shed virus a few days after vaccination, however the amount of vaccine virus shed is normally below the levels needed to pass on infection to others and the virus does not survive for long outside of the body. This is in contrast to natural flu infection, which spreads easily during the flu season.

## Reducing the risk of Influenza in the school setting.

Encourage children with hand washing.

Use a tissue – Catch it, Bin it, Kill it.

Regularly clean toys and the environment with an appropriate disinfectant.

Staff and children who have flu like illness should not attend school.

## Treatment for Flu

Stay at home, rest and sleep.

Take medicines to reduce temperature and relieve symptoms.

Drink plenty of fluids

If you have large numbers of children with flu like illness contact the infection control nurses for advice on  
01744 457 314