Children’s Toilet Step Stools

Flu Prevention

Thousands of children younger than 5 are hospitalized every year from flu complications. The flu is a contagious respiratory illness that can be deadly. Pregnant women and children younger than 5 are at an increased risk to develop flu complications, which may include ear infections, sinus infections, bronchitis, bacterial pneumonia, and worsening of chronic medical conditions, such as diabetes or asthma. Expecting mothers who contract the flu have an increased risk of premature labor and delivery and an increased chance of their baby having birth defects. When infected people cough or sneeze, they produce droplets that release into the air. Contact with infected droplets spreads the flu. A person contracts the flu when she/he touches, inhales, or ingests anything contaminated with the droplets. The flu can be passed in the air within a 6 foot range of the sick person. Adults may infect other people starting one day prior to when symptoms show and 5 to 7 days after becoming sick. Children may spread the virus for longer than 7 days. Symptoms begin 1 to 4 days after the virus enters the body.

**Prevention**
- Flu vaccine (most current)
- Antiviral drugs
- Frequently sanitize commonly used surfaces
- Separate infected adults/children from others
- Eat healthy, exercise, and get plenty of rest

**Symptoms**
- Fever
- Sore throat
- Chills
- Cough
- Muscle or body aches
- Headache

**DHEC Flu Prevention in Child Care**
**CDC Information for Schools and Child Care Providers**