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|  |  | Influenza (the Flu)  An infection of the respiratory tract (nose, throat, and lungs). It is caused by a virus that spreads easily from person to person. Flu season in the U.S. is October to May. |
| Contact **PHONE:**  **763-333-7733**  *24-hour access to care*  **FAX:**  **763-333-7711**  **WEBSITE:**  **childandteenmedicalcenter.com**  **EMAIL:**  **info@childandteenmedicalcenter.com** LOCATIONS: **Blaine:**  11107 Ulysses Street NE, Suite 100  Blaine, MN 55434  **Fridley:**  7225 University Ave NE  Fridley, MN 55432 PROVIDERS: Kaylee Adams, CNP  Jennifer Benton, CNP  Catherine Chang, MD  John Hollerud, MD  Jennifer Rousseau, MD  Stephen Sitrin, MD  Benjamin Williams, CNP  Molly Wirtz, CNP |  | WHAT to Expect:  * Most people start to feel sick after 2 days of being in contact with an infected person * You can expect some or all these symptoms: fever, chills, headache, body aches, fatigue, loss of appetite, cough, sore throat, weakness, vomiting, diarrhea, ear pain  IMPORTANT TO KNOW:  * Younger children (<2 years old), elderly and anyone with compromised immune system are more susceptible and more likely to have serious effects * Highly contagious: you can spread it starting a day before symptoms started until symptoms are resolved (7-10 days)   -Spreads when people cough/sneeze out infected droplets and people breathe them in; droplets can also land on things (shopping carts, tabletops) infecting people who touch them   * Most often treated at home with fluids, rest, Tylenol or ibuprofen * Home from school/daycare/activities until fever free (without use of medications) for at least 24 hours * Anti-viral medicine available if started within 48 hours of symptom onset * Annual Flu shot is best way to prevent: 6 months of age and older * HAND WASHING  WHen to call the clinic:  * Respiratory distress: shallow breathing, sucking in and out underneath and between ribs, nasal flaring, fast breathing * Poor intake and/or decreased wet diapers * Weakness or not able to be woken for feedings/play  Medication Dosages for Current Weight ( ) Acetaminophen (Tylenol): every 4-6 hours  Ibuprofen (Motrin or Advil): every 6 hours | |