|  |  |  |
| --- | --- | --- |
|  |  | 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 100Blaine, MN 55434**Fridley:**7225 University Ave NEFridley, MN 55432PROVIDERS:Kaylee Adams, CNPJennifer Benton, CNPCatherine Chang, MD John Hollerud, MDJennifer Rousseau, MDStephen Sitrin, MDBenjamin Williams, CNPMolly 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 hoursIbuprofen (Motrin or Advil): every 6 hours |