

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness, and at times can lead to death. For more information on the flu and other health and wellness information, go to https://www.bcps.org/parentu/health_wellness/ . A wealth of information at your fingertips!

Whom is affected:



EVERYONE and ANYONE can get the flu! Those at higher risk are young children, adults over 65, pregnant women and people with chronic health conditions like asthma.

Signs and symptoms

It can vary from person to person. Common symptoms include; fever, chills, cough, sore throat, runny nose or stuffy nose, body aches, headache, fatigue, vomiting, or diarrhea.



How is the flu spread?



The virus is spread via droplets made when a person whom has the flu coughs, sneezes, or even talks. Did you know that when a child coughs or even talks in a classroom, droplets spread into the air with diameter in the range 10–100 μm !! The virus can also be spread by contact with contaminated surfaces, such as door knobs and desks.

How is it treated?

Antibiotic DO NOT work to get rid of the flu. You can only treat the symptoms with rest, fluids and over the counter pain medication like Tylenol.



Can it be prevented?

OF COURSE!!! The best prevention is to get a yearly flu vaccine as well as proper hand hygiene.



Avoid touching eyes and nose and wash hands as often as possible. Clean and disinfect surfaces and objects appropriately.



DECEMBER 8, 2016 STICK IT TO THE FLU

Free Flu Vaccines for Red House Run Students

The Maryland Partnership for Prevention, Inc. will be at Red House Run Elementary School to administer free flu vaccines to students.

This is an excellent opportunity to “stick it to the flu” this year and keep your child healthy!



Consent forms will
be sent home

It's quick and easy
to get vaccinated

No!! It won't give
you the flu

Keep your child
healthy and in
school

FREE for all
students

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