



The Flu:

A Guide for Parents

FLU INFORMATION

What is the flu?

Influenza (the flu) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different influenza viruses that are constantly changing. Flu viruses cause illness, hospital stays and deaths in the United States each year.

The flu can be very dangerous for children. Each year about 20,000 children younger than 5 years old are hospitalized from flu complications, like pneumonia.

How serious is the flu?

Flu illness can vary from mild to severe. While the flu can be serious even in people who are otherwise healthy, it can be especially dangerous for young children and children of any age who have certain long-term health conditions, including asthma (even mild or controlled), neurological and neurodevelopmental conditions, chronic lung disease, heart disease, blood disorders, endocrine

disorders (such as diabetes), kidney, liver, and metabolic disorders, and weakened immune systems due to disease or medication. Children with these conditions and children who are receiving long-term aspirin therapy can have severe illness from the flu.

How does the flu spread?

Most experts believe that flu viruses spread mainly by droplets made when people with the flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get the flu by touching something that has flu virus on it and then touching their own mouth, eyes or nose.

What are the symptoms of the flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea (more common in children than adults). Some people with the flu will not have a fever.

How long can a sick person spread the flu to others?

People with the flu may be able to infect others from 1 day before getting sick to 5 to 7 days after. However, children and people with weakened immune systems can infect others for longer periods of time, especially if they still have symptoms.

PROTECT YOUR CHILD

How can I protect my child against the flu?

To protect against the flu, the first and most important thing you can do is to get a flu vaccine for yourself and your child.

- ▶ Vaccination is recommended for everyone 6 months and older.
- ▶ It's especially important that young children and children with long-term health conditions get vaccinated. (See list of conditions in "How serious is the flu?")
- ▶ Caregivers of children with health conditions or of children younger than 6 months old should get vaccinated. (Babies younger than 6 months are too young to be vaccinated themselves.)
- ▶ Another way to protect babies is to vaccinate pregnant women. Research shows that flu vaccination gives some protection to the baby both while the woman is pregnant and for several months after the baby is born.

Flu vaccine is updated annually to protect against the flu viruses that research indicates are most likely to cause illness during the upcoming flu season. Flu vaccines are made using strict safety and production measures. Over the years, millions of flu vaccines have been given in the United States with a very good safety record.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Is there a medicine to treat the flu?

Antiviral drugs are prescription medicines that can be used to treat influenza illness. They can make people feel better and get better sooner. Antivirals can mean the difference between having milder illness instead of very serious illness that could result in a hospital stay. Antiviral drugs are different from antibiotics, which fight against bacterial infections. They work best when started during the first 2 days of illness. It's very important that antiviral drugs are used early to treat the flu in people who are very sick (for example, people who are in the hospital) or who are at high risk of serious flu complications. Other people with flu illness may also benefit from taking antiviral drugs. These drugs can be given to children and pregnant women.

What are some of the other ways I can protect my child against the flu?

In addition to getting vaccinated, you and your children can take everyday steps to help prevent the spread of germs:

These include the following:

- ▶ Stay away from people who are sick.
- ▶ If your child is sick with flu illness, try to keep him or her in a separate room from others in the household, if possible.
- ▶ CDC recommends that your sick child stay home for at least 24 hours after his or her fever is gone, except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine.
- ▶ Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.
- ▶ Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ▶ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ▶ Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom

surfaces, kitchen counters and toys for children. Clean by wiping them down with a household disinfectant according to directions on the product label.

These everyday steps are a good way to reduce your chances of getting sick. However, a yearly flu vaccine is the best protection against flu illness.



IF YOUR CHILD IS SICK

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years and older and does not have other health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 5 years of age – especially those younger than 2 years old – and children with certain chronic conditions, including asthma, diabetes and disorders of the brain or nervous system, are at high risk of serious flu-related complications. If your child is at high risk for flu complications, call your doctor or take them to the doctor right away if they develop flu symptoms.

What if my child seems very sick?

Even previously healthy children can get very sick from the flu.

Make sure your child gets plenty of rest and drinks enough fluids. If your child is 5 years or older and does not have other health problems and gets flu symptoms, including a fever and/or cough, consult your doctor as needed:

- ▶ Fast breathing or trouble breathing
- ▶ Bluish or gray skin color
- ▶ Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- ▶ Severe or persistent vomiting
- ▶ Not waking up or not interacting
- ▶ Being so irritable that the child does not want to be held
- ▶ Flu symptoms improve, but then return with fever and worse cough
- ▶ Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

Can my child go to school, day care or camp if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (The fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

For more information, visit www.cdc.gov/flu or call 800-CDC-INFO



Type 2 Diabetes Information

This information sheet is intended to raise awareness about this disease. Contact your health care provider if you have any questions.



Type 2 Diabetes Prevention Methods and Treatments.

Healthy lifestyle choices can help prevent and treat type 2 diabetes. Eating healthy foods in the correct amounts and exercising regularly can help children achieve or maintain a normal weight and normal blood glucose levels.

- ◆ Eat Healthy
- ◆ Exercise Daily
- ◆ Take Medication if needed.

Pursuant to California *Education Code Section 49452.7*, this information is to be provided to parents and guardians of incoming seventh grade students.

Type 2 Diabetes affects the way the body is able to use sugar (glucose) for energy.

- ◆ The body turns the carbohydrates in food into glucose, the basic fuel for the body's cells.
- ◆ The pancreas makes insulin, a hormone that moves glucose from the blood to the cells.
- ◆ In type 2 diabetes, the Body's cells resist the effects of insulin, and blood glucose levels rise.
- ◆ Over time, glucose reaches dangerously high levels in the blood, which is called hyperglycemia.
- ◆ Hyperglycemia can lead to health problems like heart disease, blindness, and kidney failure.

Risk Factors Associated with Type 2 Diabetes.

- ◆ **Being overweight.** The single greatest risk factor for type 2 diabetes in children is excess weight.
- ◆ **Family history of diabetes.** Many affected children have at least one parent with diabetes or have a significant family history of the disease.
- ◆ **Inactivity.** Being inactive reduces the body's ability to respond to insulin.
- ◆ **Specific racial/ethnic groups.** Native Americans, African Americans, Hispanics/Latinos, or Asian/Pacific Islanders are more prone than other ethnic groups to develop diabetes.
- ◆ **Puberty.** Rises in hormone levels can cause insulin resistance during this stage of rapid growth and physical development.

Warning Signs and Symptoms Associated with Type 2 Diabetes.

Symptoms in children develop slowly, initially there may be no symptoms. Not everyone with insulin resistance or type 2 diabetes develops these warning signs, and not everyone who has these symptoms has type 2 diabetes.

- ◆ Increased hunger, even after eating
- ◆ Unexplained weight loss
- ◆ Increased thirst, frequent urination
- ◆ Feeling very tired
- ◆ Blurred vision
- ◆ Slow healing of cuts
- ◆ Dark velvety or ridged patches of skin, especially on the back of the neck or under the arms
- ◆ Irregular periods, no periods, and/or excess facial and body hair growth in girls
- ◆ High blood pressure or abnormal blood fats levels



Información de la Diabetes Tipo 2

Esta hoja informativa está destinada a crear conciencia sobre esta enfermedad. Comuníquese con su proveedor de atención médica si tiene algunas preguntas.



Conforme al *Código de Educación de California Sección 49452.7*, esta información debe ser proporcionada a los padres y tutores de los estudiantes que ingresan al séptimo grado.

La diabetes tipo 2 afecta a la forma en que el cuerpo es capaz de utilizar el azúcar (glucosa) para energía.

- El cuerpo convierte los carbohidratos en los alimentos en glucosa, el combustible básico para las células del cuerpo.
- El páncreas produce insulina, una hormona que transporta la glucosa desde la sangre a las células.
- En la diabetes tipo 2, las células del cuerpo resisten los efectos de la insulina y aumentan los niveles de glucosa en la sangre.
- Con el tiempo, la glucosa llega a niveles peligrosamente altos en la sangre, que se llama hiperglucemia.
- La hiperglucemia puede causar problemas de salud como la enfermedad cardíaca, ceguera e insuficiencia renal.

Factores de riesgo asociados con la diabetes tipo 2.

- **El exceso de peso.** El mayor factor de riesgo de diabetes tipo 2 en niños es el exceso de peso.
- **Antecedentes familiares de diabetes.** Muchos niños afectados tienen al menos uno de sus padres con diabetes o tienen antecedentes familiares con la enfermedad.
- **La inactividad.** Estar inactivo reduce la capacidad del cuerpo para responder a la insulina.
- **Los grupos específicos raciales / étnicos.** Nativos Americanos, los Afroamericanos, los Hispanos / Latinos o Asiáticos / Isleños del Pacífico son más propensos que otros grupos étnicos de desarrollar diabetes.
- **La pubertad.** El aumento de los niveles de hormonas puede causar resistencia a la insulina durante esta etapa de crecimiento rápido y desarrollo físico.

Las señales de advertencia y los síntomas asociados con la diabetes tipo 2.

- Los síntomas en los niños se desarrollan lentamente, al principio puede no haber síntomas. No todas las personas con resistencia a la insulina o diabetes tipo 2 se desarrolla estos signos de advertencia, y no todos que tengan estos síntomas tiene la diabetes tipo 2.
- Aumento en el hambre, incluso después de comer
 - Pérdida de peso inexplicable
 - Aumento de la sed, orinar con frecuencia
 - Sentirse muy cansado
 - Visión borrosa
 - Cicatrización lenta de los cortes
 - parches arrugados o parches oscuros aterciopelados en la piel, especialmente en la parte posterior del cuello o debajo de los brazos
 - Períodos irregulares, falta de períodos, y / o crecimiento excesivo de vello facial y corporal en las niñas
 - Presión arterial alta o niveles anormales de grasas en la sangre

Diabetes Tipo 2 Métodos de Prevención y Tratamientos.

- Opciones saludables pueden ayudar a prevenir y tratar la diabetes tipo 2. Comiendo alimentos saludables en cantidades correctas y hacer ejercicio regularmente puede ayudar a los niños a lograr o mantener un peso normal y niveles normales de glucosa en la sangre.
- Comer Saludable
 - Hacer ejercicio diario
 - Tomar medicamento