

Arizona Department of Health Services

Influenza Information

Signs and Symptoms: chills, headache, muscle aches, sore throat, runny nose and cough, increase in temperature over 101.

Incubation Period: From 24-72 hours.

Contagious Period: 1 day before until 7 days after signs and symptoms begin.

Transmission: Contact with secretions from the nose, mouth and throat of infected persons. The secretions may be on surfaces or in infected droplets in the air.

School/Child Care Attendance: Exclude until symptoms are gone and the individual is fever-free without any Medications such as Tylenol/Advil/etc for 24 hours. See a doctor if fever is high or for any concerns.