

**INFLUENZA**  
**(Reportable Disease - Report to Local Health Agency)**  
**or**  
**UPPER RESPIRATORY INFLUENZA-LIKE ILLNESS**

- IMMUNIZATION:** Influenza may be given to any child 6 months of age or older. It is strongly recommended for children 6 months of age or older who have underlying medical conditions, including disorders of the lung and cardiovascular systems, and who are members of households with high-risk adults or siblings. NO vaccine is available for other respiratory viruses that cause influenza-like illnesses.
- INCUBATION PERIOD:** Short, usually 1-3 days
- SYMPTOMS:** Sudden onset of fever, sore throat, muscle aches, runny nose, cough, headache.
- PERIOD OF COMMUNICABILITY:** Probably 3-5 days, can be up to 7 days in young children.
- MODE OF TRANSMISSION:** Airborne spread, also by direct contact with articles recently contaminated by discharges from the nose and throat.
- SCHOOL ATTENDANCE:** Exclude for duration of fever and until child is able to resume routine daily activities.
- CONTACT/FOLLOW-UP:** If Type A Influenza , recommend medical evaluation for chemoprophylaxis with amantadine or remantadine