

Flu Season Health Tips During COVID-19

The virus

什么是流感？

The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. The virus can spread through droplets made by infected person talking, coughing, or sneezing. Children younger than 5 years and especially those younger than 2 years or children of any age with chronic health problems are at high risk of serious influenza complications.

流感是由流感病毒感染鼻、咽喉和肺部引起的传染性呼吸道疾病。流感病毒可以通过已经感染病毒的人说话、咳嗽或打喷嚏时产生的飞沫传播。5岁以下尤其是2岁以内的儿童或者是有慢性疾病的任何年纪的儿童都更容易因流感导致严重的并发症。

Signs and Symptoms

流感的症状和体征？

People who have the flu may feel some or all of these signs and symptoms:

流感患者可能会有以下部分或所有症状：

Fever or feeling feverish/chills

发烧或者觉得发热/寒战

Cough

咳嗽

Sore throat

喉咙痛

Runny or stuffy nose

鼻塞流涕

Muscle or body aches

肌肉或身体酸痛

Headaches

头痛

Fatigue (very tired)

疲乏

Some people may have vomiting and diarrhea, though this is more common in children than adults.

相比成人，部分儿童更易发生呕吐和腹泻

Prevention

流感的预防

1. According to the Centers for Disease Control and Prevention (CDC) the first and foremost way to protect your children from the flu is to get them vaccinated each year. It is recommended to have a seasonal flu vaccination for anyone over 6 months of age. If your 6 months through 8 years old child has only gotten 1 dose of vaccine, he or she needs 2 doses. All children who have previously gotten two doses of vaccine only need 1 dose of vaccine.

根据美国疾病预防控制中心，保护儿童不患流感的首要办法即是每年注射疫苗。建议6个月以上的儿童每年接种流感疫苗。如果您的孩子在6个月到8岁之间且只接种过1次流感疫苗，则他或她需要接种2针。所

有曾经接种过 2 次疫苗的孩子都只需要再注射一剂。

2. Take everyday preventive actions to stop the spread of germs, including:

使用日常防护措施以防止病毒的传播:

Stay away from people who are sick.

远离患病人群

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.

如果孩子不幸得了流感，则需要尽量把孩子与家中其它孩子隔离开来。

CDC recommends that your sick child (not with flu illness) 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.

美国疾病预防控制中心建议，不是由流感病毒引起的发烧，也需要在不服用药物体温正常后，在家再观察 24 小时（有特殊治疗需要或要求的时间可能会延长）。

Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after it has been used.

在打喷嚏或者擤鼻涕的时候请用纸巾捂住口鼻，用过的纸巾需要扔到垃圾桶中。

Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

经常用肥皂和流动水洗手，如果没有肥皂和流动水可用含酒精的搓手液代替。

Avoid touching your eyes, nose and mouth.

避免接触自己的眼口鼻。

Clean and disinfect hard surfaces and objects that may be contaminated with germs, including bathroom surfaces, kitchen counters and toys for children.

清洁和消毒可能被污染的表面或者物体包括但不限于浴室表面、橱柜和儿童玩具。

What if your child gets sick?

如果孩子患病了怎么办？

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

如果担心孩子的病情请及早联系医生。

2. Make sure your child gets plenty of rest and drinks enough fluids.

保证足够的休息和水分摄入。

3. 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.

如果孩子属于容易发生流感并发症的人群，一旦孩子有流感症状请立即电话医生或者去医院。

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

孩子得流感了还能去学校吗？

No. Your child should stay home to rest and avoid giving the flu to other children or caregivers till he or she is fever free at least 48 hours. (The temperature should be checked without administration of antifebrile medicine and the isolation period may be longer than 48 hours which will be decided by CDC.)

不能。您应该让孩子在家休息并避免接触其他孩子或者育儿人员直到孩子 48 小时以上不发烧。（请注意，不发烧的体温应该是在没有使用退烧药时测得的体温，而且隔离时间有可能多于 48 小时，具体周期会由疾控中心决定。）

At BCIS we take the following precautions:
在 BCIS 我们采取以下措施:

1. We disinfect all the classrooms, bathrooms, and common areas, including the toys and equipment within the rooms.
我们会消毒所有的教室，厕所和公共场所并且包括室内的玩具和设备。
2. We increase the amount of times our students are asked by the teachers to wash their hands.
我们会让老师多次提醒孩子们洗手。
3. We supply each classroom with hand sanitizer for easy cleaning within the classroom.
我们会在每间教室提供手消毒液便于消毒。

We appreciate parents calling the School Nurse, reporting the symptoms that your child is experiencing, so we may continue school-wide surveillance.
我们期望家长向学校护士报告学生流感症状，以便学校能够更好监控全校学生的健康状况。

If you have any questions or concerns, please feel free to contact us at 010-87717171 ext. 1010/5023; 010-67700766 ext.3050 or email us at nurse@bcis.cn.
如果您有任何问题与疑虑，请及时拨打电话 010-87717171 转 1010/5023 或者 010- 67700766 转 3050 或发送邮件至 nurse@bcis.cn 与我们联系。

Thank you very much for your attention and cooperation.
非常感谢您的积极配合。

Warm Regards,
祝好

BCIS Health Center BCIS
医务室

References:
<https://www.cdc.gov/flu/protect/children.htm>
<https://www.cdc.gov/flu/keyfacts.htm>