

H1N1 flu virus

Parents: What you can do

Steps taken now will lessen the burden of disease on students and staff this fall or winter and will prevent unnecessary school dismissals.



- Practice good hand hygiene by **washing your hands** often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- **Cover your mouth and nose with a tissue when you cough or sneeze.** If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
- **Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever 100 degrees or higher (without fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.



- **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available. The H1N1 vaccine is expected to become available in mid-October.

To prepare for the flu during the 2009-2010 school year:

- Plan for child care at home if your child gets sick.
- Monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu (sore throat, cough, etc.).
- Identify if you have children who are at higher risk of serious disease from the flu and talk to your health care provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.
- Identify a separate room in the house for the care of sick family members.
- Update emergency contact lists.
- Collect games, books, DVDs and other items to keep your family or child entertained if your child is sick and must stay home.