

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 (100 degrees or higher) 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.

For more information, contact your school nurse or visit the Health Department's Web site at www.ldchealth.org