

# PARENTS - help prevent influenza (seasonal and H1N1) this fall!

## Teach your children to:

- Wash their hands often with soap and water or an alcohol-based rub.
- Not share personal items (drinks, food, unwashed utensils).
- Cover their coughs and sneezes with tissue or cough into their elbow, sleeve or arm if tissue is unavailable.
- Avoid touching eyes, nose and mouth

## Know flu symptoms:

- Fever
- Cough
- Runny or stuffy nose
- Body aches
- Headache
- Feeling very tired
- Vomiting
- Diarrhea

Keep sick children at home for ***at least 24 hours*** after they no longer have fever, without fever reducing drugs.

## Call your doctor immediately if your child has/is:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then worsen with fever and worse cough
- Other conditions (like heart or lung disease, diabetes or asthma) and develops flu-like symptoms

Get your child vaccinated for seasonal flu and H1N1.

Do not send sick children to school. They ***will be sent home.***

