

INFLUENZA INFORMATION FOR STUDENTS AND PARENTS

This flu season, your health can affect your family and your community. Follow these steps to prevent the spread of flu - both seasonal flu and the pandemic H1N1.

H1N1 | PREPARE4FLU2DAY
www.ColumbusPandemicFlu.org



Critical Actions To Prevent Getting and Spreading the Flu

Wash your hands.

Wash your hands often, especially after you cough or sneeze. Proper handwashing is using soap and warm water, washing for 20 seconds, and using a towel or elbow to handle the faucet and doorknob. Alcohol-based hand cleaners are also effective (with at least 60% alcohol) when you can't wash your hands. Teach children good handwashing by modeling it for them.

Cover your cough.

Use the sleeve of your clothes, elbow or shoulder to cover your cough or sneeze. You may also cover your nose and mouth with a tissue, then throw the tissue away. Teach children how to do the same.

Stay home when sick.

Anyone who is sick should stay home from school or work. Flu symptoms to watch for are a fever of more than 100°F, coughing, muscle aches, severe headache and, in some cases, vomiting and diarrhea. People should stay home until at least 24 hours after they are free of fever without the use of fever-reducing medications. Contact a healthcare provider about your symptoms.

Make a backup plan for childcare.

Have a backup plan if your child cannot go to their usual place for childcare, if your childcare provider becomes ill or if there is wide-spread illness. It is best to have two people you can count on to be your backups. Make sure that your child's school has multiple contact numbers.

Get vaccinated.

A vaccine is planned against H1N1flu. At first, the vaccine supply will be limited, so it is being given first to people who are at highest risk for severe illness. At this time, children are in one of these groups — specifically children age 6 months up to 24 years. This vaccine is not replacing the seasonal flu vaccine — so getting your seasonal flu shot is still important.

Stay informed.

Visit www.ColumbusPandemicFlu.org for flu information and updates. You can also follow us on Facebook (www.facebook.com/ColumbusFluInfo) and Twitter (www.twitter.com/ColumbusFluInfo). Listen for updates from your school leaders about vaccinations for students.

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