

# Protect Your Child and Family from the Flu this School Year

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

1. **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.
2. **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.
3. **Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
4. **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.



## Flu Symptoms include:

- Fever greater than 100°F AND cough or sore throat with no other known cause
- Other symptoms include body aches, headaches, chills, and fatigue
- Some with H1N1 flu also report runny nose, nausea, vomiting, and diarrhea

## Follow these steps to prepare for the flu during the 2009-2010 school year:

- Plan for child care at home if your child gets sick
- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.
- Identify if you have children who are at higher risk of serious disease from the flu and **talk to your healthcare 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 entertained if your child is sick and must stay home.

## For more information:

- Visit: [www.flu.gov](http://www.flu.gov)
- Contact CDC 24 Hours/Every Day
  - 1-800-CDC-INFO (232-4636)
  - TTY: (888)232-6348
  - [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

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