

Be Prepared

- Update your Emergency Contact numbers at school or daycare in case your child falls ill while you're at work and you can't pick him or her up
- Make arrangements for someone to care for your sick child for a minimum of five school days if you are unable to stay home from work
- Talk with your healthcare provider if you have a child who is at higher risk of complications from the flu (including children under the age of five and those with chronic medical conditions such as asthma or diabetes), and figure out a plan to protect him or her during the flu season
- Identify a separate room in the house for the care of sick family members
- Pull together games, books, DVDs, and other items to keep your family entertained while at home
- Have clear soups or broth on hand, as well as sports drinks (and electrolyte beverages for infants)
- Consult your doctor about over-the-counter medicines to ease fever, body aches, coughs, and congestion
- Ask if your employer will allow you to stay at home to care for sick family members
- Be prepared to support home learning activities if the school makes them available

For children who are at high risk for flu complications:

- Keep your child away from people who are sick
- Make sure your child's hands are washed for 20 seconds with soap and warm water or liquid hand sanitizer
- Consider staying away from public gatherings

If You Get the Flu – Stay Home

Be prepared to camp out at home if you or a family member becomes ill. Stay at home for at least another 24 hours after the fever goes away.

- Call your doctor
- Increase liquids
- Stay in bed and rest
- Breathe aromatic steam
- Take a warm shower
- Use moist heat compresses
- Try saline nose sprays or saline irrigation
- Suck on cough drops or hard candy
- Sip hot chicken soup
- Try a humidifier
- Monitor other family members for flu symptoms



****Do NOT** give aspirin to teenagers; it can cause a rare but serious illness called Reye's syndrome**

Watch for emergency warning signs that need urgent medical attention, such as:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not urinating or no tears when crying
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child doesn't want to be held
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Flu-like symptoms that improve but then return with a fever and worse cough

The preceding information was taken from www.flu.gov

Getting Through Flu Season

A Guide for Parents



Influenza, commonly known as “the flu,” is a virus that attacks the body through the upper and/or lower respiratory tract. It is very easy to get the flu from other people, especially if you're in large groups. It's also very easy to pass on.

For more information:

Center for Disease Control: 1-800-232-4636

www.flu.gov

How Do I Know It's the Flu?

Flu symptoms come on fast. It usually starts with a fever (100 degrees or higher), a headache, body aches, and exhaustion. The fever can last for three to four days, and general weakness or tiredness can last up to two to three weeks.

People with the flu may have a dry cough, chest pain, sore throat, stuffy/runny nose, and sneezing.

Typical signs of flu in children include a high-grade fever (up to 104 degrees), chills, muscle aches, headache, sore throat, dry cough, and general feeling of sickness. The swine flu may also cause vomiting and diarrhea.



How Can I Keep from Getting the Flu?

Keep your immune system healthy.

- Eat healthy, nutritious meals
- Drink plenty of fluids
- Get enough sleep every night
- Make time for relaxation and regular exercise

Wipe out the germs.

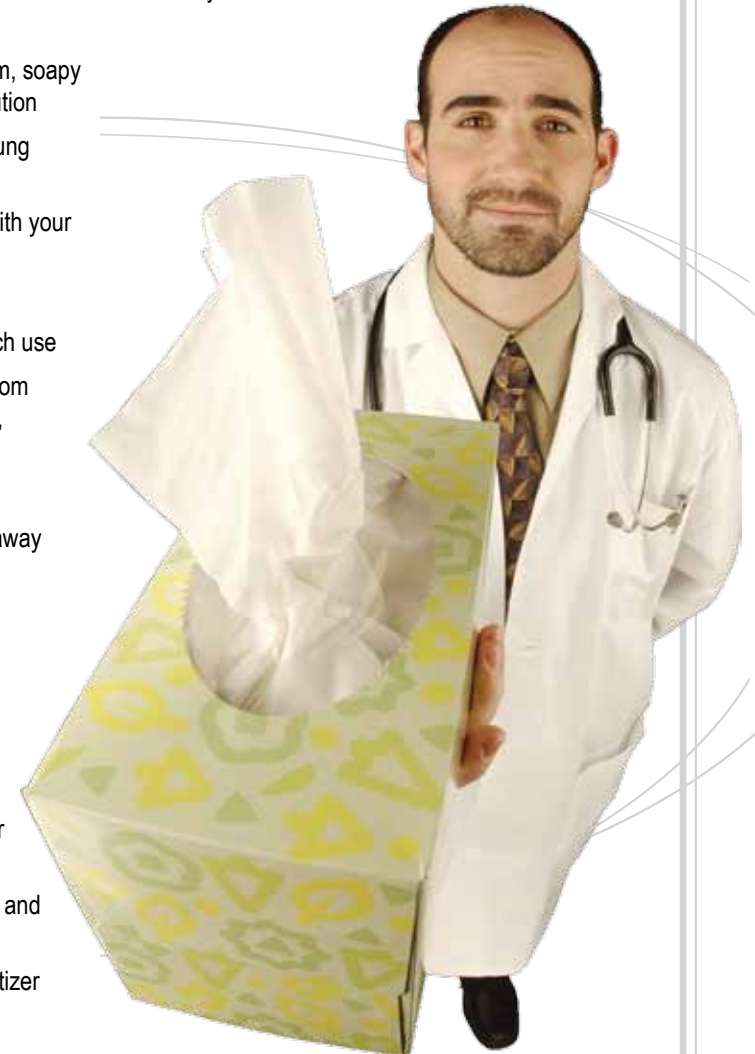
- Clean your kitchen sink and countertops often with warm, soapy water and then wipe then with a disinfecting bleach solution
- Keep your kitchen floor clean, especially if you have young children
- Clean the kitchen sponge every day by letting it wash with your dishes in the dishwasher
- Use clean dishtowels
- Clean can openers, cutting boards, and knives after each use
- Use a sanitizing cleaner or bleach solution on all bathroom surfaces two times each week – floors, shower curtains, bathroom counters, sink, toilet (including handle)
- Replace toothbrushes frequently
- If a family member is ill, keep that person's toothbrush away from everyone else's

Practice proper hygiene.

- Wash your hands frequently
- Keep your hands out of your mouth
- Don't rub your eyes, nose or mouth
- Always cover your mouth and nose when you sneeze or cough
- Use tissues to blow your nose, then throw tissues away and wash your hands immediately
- If you aren't near a sink with water, use liquid hand sanitizer or wipes

Important places to wipe frequently with a disinfectant:

- All doorknobs
- The computer mouse and keyboard
- Cell phones and telephones
- Computer game remotes
- TV remote control
- Toys and other surfaces children touch



Reducing the Spread of Flu Begins With You!