

# Seasonal and H1N1 Flu Tips: What Parents and Guardians Should Know

The new H1N1 influenza (flu) virus, formerly known as Swine Flu, is currently causing illness in people throughout the United States and countries around the world, causing the World Health Organization to declare a pandemic. The following information was obtained from the Centers for Disease Control and Prevention (CDC).\* We encourage you to keep up-to-date by visiting [www.cdc.gov](http://www.cdc.gov). The following information can be used for seasonal flu and H1N1 flu.

*\*Original design and content aggregation by the Medina County Health Department, Medina, Ohio*

## RECOMMENDATIONS FOR SCHOOLS – H1N1 VACCINE

The CDC recommends the primary way to reduce spread of influenza in schools and child care programs:

- early identification of ill students and staff
  - staying home when ill
  - good cough and hand hygiene etiquette
- If and when H1N1 vaccine becomes available, school-age children may be a priority population to get the vaccine. This means that children may be offered vaccinations at school. Your school will be working with local health departments to discuss the best way to administer the vaccine, process paperwork, and ensure the safety of your children.
  - Until the vaccine is available, the local health departments in Summit County and your school district are encouraging *every family* to develop a preparedness kit, learn how to care for sick persons at home, wash hands frequently, and to cover coughs and sneezes with your elbow.



## PROTECT YOURSELF, YOUR FAMILY, AND YOUR COMMUNITY EVERY FLU SEASON

Stay informed – [www.cdc.gov](http://www.cdc.gov) or [www.summitflu.org](http://www.summitflu.org). Tip sheets on caring for someone at home, what to do if you get sick, and preparedness checklists are available.

- Cover your nose and mouth when you cough or sneeze – use your sleeve or tissue.
- Wash your hands frequently with soap and water, especially after possible exposure to the flu virus. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, and mouth – germs spread this way.
- Get prepared – have an emergency preparedness kit and plan at home.
- Get your seasonal flu shot. Contact your local health department for more details, or check out [www.summitflu.org](http://www.summitflu.org) for flu shot information.

