



Influenza:

Information for Students and Parents

What you do this flu season not only impacts the health of you and your family, but also your community. We need everyone to follow these critical steps to prevent the spread of flu — both H1N1 and seasonal flu.

Critical Actions To Prevent Getting and Spreading the Flu

Wash your hands.

Wash your hands often with soap and warm water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective (with at least 60% alcohol). 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. 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.

Get vaccinated.

There is now a vaccine 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, school 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 – it is intended to be used with seasonal flu vaccine to protect people. So getting your seasonal flu shot is still important.

Stay informed.

Visit www.columbuspandemicflu.com for flu information and updates. You can also follow us on Facebook and Twitter. Listen for updates from your school leaders about vaccinations for students.