

### **H1N1 Flu Prevention and Planning**

- Keep sick children at home. Don't send them to school or take them anywhere else, except to receive needed medical care. Ill children should stay home until they are fever free (**without the use of fever-reducing medicine like Tylenol or Ibuprofen**) for 24 hours or more.
- Plan for the possibility that you will be called to pick up your child if he or she gets sick while in school.
- Cover your mouth and nose with a tissue when coughing or sneezing, and insist that your children do the same. If you don't have a tissue, cough or sneeze into the bend of your elbow.
- Wash your hands often with soap and water, especially after coughing or sneezing, and see that your children follow your example. Alcohol-based hand cleaners will also work.
- Remind children to avoid touching their eyes, nose or mouth. Germs are spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Encourage healthy habits. See that your child gets plenty of sleep, exercise, fluids, and healthy foods.
- Get your child vaccinated for seasonal flu soon. KDHE recommends that your child receive the H1N1 vaccine when it becomes available in the fall.

The symptoms of H1N1 flu are similar to the symptoms of seasonal flu. They include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting. If you suspect that you or your child may have this illness, please call your local physician.