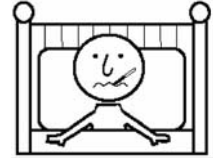


H1N1 FLU HOME CARE GUIDANCE FOR PARENTS



Dear Parents or Caregivers,

If your child is sent home from school or daycare with flu-like symptoms, seasonal flu or H1N1 flu is a possibility. If your child has an underlying health problem such as asthma, diabetes, or another immune-suppressing condition, we recommend you consult with your medical provider. Most children will recover with good common sense practices at home and without needing medical care. Parents should use the same judgment about whether to take an ill child to the doctor as they would during normal flu season. If you would not usually see a health care provider for your child's symptoms, you shouldn't need to see a health care provider.

Home care guidelines from the Centers for Disease Control and Prevention:

- Drink clear fluids (such as water, sports drinks, broth, electrolyte beverages for infants) to keep from being dehydrated.
- Cover your coughs and sneezes with a tissue, then dispose of the tissue in the trash. Or cough and sneeze into the crook of your elbow.
- Dishes can be done in a dishwasher or with hot soapy water.
- Throw away tissues and disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.
- Have everyone in the household wash hands often with soap and water, particularly after coughing and sneezing. Alcohol-based hand cleaners are also effective.
- If you are sick and sharing a common space in your home, wear a facemask to help prevent spreading the virus to others.
- Keep sick children under care at home when you go to the store or out in public.
- Children younger than 4 years should not be given over-the-counter cold medications without first speaking with a doctor.
- Children younger than 19 should not take aspirin or any products containing aspirin due to the risk of Reye's Syndrome.

Seek medical care if your child has:

- Fever above 100° F
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Being very sleepy or confused, not waking up or interacting
- Pain or pressure in the chest or stomach area
- Fast breathing or trouble breathing
- Not urinating or no tears when crying
- Sudden dizziness
- Confusion
- Being so irritable that nothing makes the child feel better
- Flu-like symptoms improve but then return with fever and more severe cough

Your child will likely be tired. Fatigue and body aches are normal for influenza. Make sure your child gets plenty of rest. Avoid taking your child out into the public on errands. Keeping your child home is better for him/her and for those in the community. Your child can return to school or daycare once his/her fever has been gone for 24 hours without the aid of fever-reducing medications. For more information on H1N1, visit www.flu.gov.