

# ACTION STEPS PARENTS/GUARDIANS CAN TAKE TO HELP PROTECT CHILDREN AND OTHER FAMILY MEMBERS FROM H1N1

(Information from the Centers for Disease Control & Prevention)

- Educate and encourage children and family members to cover their mouth and nose with a tissue when they cough or sneeze.
- If a tissue is not available, cough or sneeze into your elbow, not into your hand.
- Practice good hand hygiene by washing hands often with soap and water. Hand sanitizers with 60% alcohol are also effective.
- Be a good role model by practicing good hand hygiene and covering your mouth and nose when you cough or sneeze.
- If you or your child is sick, stay home until you have no fever for at least 24 hours without the use of fever-reducing medications.
- Clean surfaces and items that are more likely to have frequent hand contact, such as doorknobs and cupboard handles.
- Get your family vaccinated against seasonal flu **AND** H1N1 flu when vaccine is available.
- Plan ahead for child care if your child gets sick or if his or her school is dismissed.
- If more severe H1N1 conditions appear, the Centers for Disease Control recommends keeping a sick child -- or adult -- at home for 7 days, and keeping a school-age child in a household where another family member is sick at home for 5 days.)
- Try to isolate a sick person in a separate room in the house away from the family.