

Protect Your Family from the Flu this School Year

Flu season has begun in Tulsa, and your child's school is taking steps to ensure students remain healthy. The Centers for Disease (CDC) and State and Local Health Departments recommend the following tips:

1. **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing.



Alcohol-based hand cleaners are also effective.

2. **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands. Don't touch your eyes, nose or mouth. Germs often spread this way.



3. **Stay home if you or your child is sick** for at least 24 hours after there is no longer a Fever (100°F/37.7°C or above) or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.



4. **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.

If flu conditions become MORE severe, parents should contact their health care provider. Use the same judgment you would use during normal flu season.

Follow these steps to prepare for the flu during the 2009-2010 school year:

- Plan for child care at home if your child gets sick or school is dismissed. Update emergency contact information at school and work.
- Children and Adults who are well and without symptoms of flu do not need to be excluded from school or work just because they traveled to an area with H1N1 flu or had close contact with a person who was suspected or had a confirmation of flu. They should however closely monitor their health by checking for fever AND cough or sore throat, sometimes with a runny or stuffy nose, body aches, vomiting or diarrhea.
- Identify those who are at higher risk for complications from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Those at high risk for complications from the flu include: children under 5 years of age, adults 65 years of age or older, persons less than 19 years of age receiving long-term aspirin therapy, pregnant women, persons with chronic medical conditions or compromised immune systems and residents of nursing homes and other chronic care facilities.
- Identify a separate room in the house for the care of sick family members.