



Public Health

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The Flu and You

With the new H1N1 virus continuing to cause illness, hospitalizations and deaths in the U.S. during the normally flu-free summer months and some uncertainty about what the upcoming flu season may bring, CDC's Advisory Committee on Immunization Practices [ACIP] has taken an important step in preparations for a voluntary H1N1 vaccination effort for all children to counter a possibly severe upcoming flu season. You may have concerns about the flu in a child care facility and wonder how to keep children healthy.

CHILDREN WITH SYMPTOMS OF A FLU-LIKE ILLNESS SHOULD NOT ATTEND CHILD CARE OR SCHOOL.

Symptoms of flu include:

- Fever, cough
- Sore throat
- Body aches
- Headache, chills, fatigue
- Diarrhea in some cases

PREVENTING THE FLU: GOOD HEALTH HABITS CAN HELP STOP GERMS

- Wash hands frequently with soap and water for 20 seconds [sing the "Happy Birthday" song twice]. Adults should be a good example and also sing along while washing.
- Cough and sneeze into a tissue or your sleeve. If the tissue is used, throw it away immediately and wash your hands or use a hand sanitizer.
- Stay away from people who are sick. Stay home from school or work if you are sick.
- When you are sick avoid touching your eyes, nose or mouth. This is the way germs are spread.
- Practice good health habits. Eat well, drink lots of water, sleep well and play outside.
- Immunize your child with all age appropriate recommended vaccines as this will protect your child from other communicable diseases.
- Plan to immunize your child against both the "regular" seasonal flu and H1N1 flu.

For your convenience, enroll all family members into the Immunization Reminder Information System [IRIS]. IRIS will assure all immunization records are kept safe and secure and easy to locate.

FOR MORE INFORMATION ON H1H1 [SWINE FLU] GO TO: www.idahopublichealth.com.