

How Can I Prevent the Flu?

1) Teach your child to:

- Wash hands often for 20 seconds with soap and running water, especially after a cough or sneeze, visiting the bathroom, before eating, or if dirty.
- Use good cough and sneeze etiquette; cover their nose and mouth with a tissue and throw the tissue in the trash.
- Avoid touching eyes, nose and mouth.
- Avoid contact with sick people

2) Follow public health advice

3) Develop a “flu planning checklist” including plans for childcare if schools must close.



Additional Resources

- Your child’s healthcare provider
- Your school nurse
- Web sites:

www.flu.gov

www.cdc.gov

www.nyhealth.gov/diseases

www.monroecounty.gov/health



H1N1 Flu Information For Parents

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Flu Information

What is Influenza?

Influenza is a highly contagious seasonal infection of the respiratory tract caused by a virus, and spread by droplets. Symptoms may include sore throat, cough, fever, muscle pains, runny nose and weakness. These symptoms together are called Influenza-Like Illness (ILI).

What is H1N1 Influenza?

H1N1 is a new type of virus also referred to as "Swine Flu." The symptoms are similar to those listed above, and may also include vomiting and diarrhea. In most cases, the virus will run its course in one week with a full recovery. Rarely, severe ILI symptoms occur in certain people with existing medical conditions.



Who is at most risk?

- Pregnant women
- Children younger than 5 years old
- People over 65 years old, especially with medical conditions
- People with asthma
- People with other chronic medical conditions, like diabetes or heart disease.
- People with immune deficiency
- Obese individuals

What happens if your child shows symptoms at school?

If your child has a fever PLUS another flu symptom, like cough or runny nose, sore throat, body aches, headache, chills, fatigue, etc., the child will be excluded from school. Currently, children must remain home from school until all symptoms, including fever, have been gone for 24 hours without the help of medicine.

If a child is excluded from school, you will be called immediately to pick up your child. It is important that you do this to avoid exposing other children to the flu.

What if my child gets the flu?

1. Keep your child home from school.

2. Notify the school nurse. Please inform the nurse of your child's specific symptoms.

3. If this is not an emergency, call your child's physician before going to the office or emergency room.

4. Watch for emergency warning signs such as trouble breathing, severe vomiting, or dehydration. Keep your child comfortable and well-hydrated.

5. Do not take your child to public places while ill.

6. Be sure your child is symptom-free without medication for 24 hours before sending your child to school.

7. Check our web site at www.penfield.edu for flu updates.