

Dear Parent,

*To keep everyone healthy,
we need your help.*

*Please – If your child is
sick, keep him or her home.*

Thank you.

Teach kids to sing the “happy birthday” song!

*The CDC recommends washing
hands with soap and warm water –
for 15 to 20 seconds. That's about
the same time it takes to sing the
“Happy Birthday” song twice!*



What About Flu Shots?

Experts say the single best way to protect yourself and others against influenza is to get one of the following flu vaccinations each year:

The “flu shot” is an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine is a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV, “live attenuated influenza vaccine”). LAIV is approved for use in healthy people 5 years to 49 years of age who are not pregnant.

When Should My Family Be Vaccinated?

October or November is the best time to get vaccinated, but getting vaccinated in December or later can still be beneficial since most influenza activity occurs in January or later in most years. Though it varies, flu season can last as late as May.

The Bottom Line Teach Your Children To Always:

- Cover their mouth and nose
- Clean their hands often – either by washing with warm water and soap or with alcohol-based hand wipes or gels
- Cough or sneeze into a tissue and then throw it away.
- Cough or sneeze into their elbow if they do not have a tissue.
- Clean their hands every time after every cough or sneeze.

Source: The Centers for Disease Control. For more information, visit cdc.gov/flu

Flu Prevention in Schools: Tips for Families



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FLU FAQ'S

- **What is influenza (flu)?** Influenza, commonly called "the flu," is caused by the influenza virus, which infects the respiratory tract (nose, throat, lungs). Unlike many other viral respiratory infections, such as the common cold, the flu causes severe illness and life-threatening complications in many people.
- **How does the flu spread?** The main way is from person to person in respiratory droplets of coughs and sneezes, which can be propelled up to 3 feet through the air and deposited on the mouth or nose of people nearby. Though much less frequent, the viruses also can be spread when a person touches respiratory droplets on another person or an object and then touches his/her own mouth or nose (or someone else's mouth or nose) before washing his/her hands.
- **What are the symptoms of the flu?** Influenza is a respiratory illness. Symptoms of flu include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children can have additional gastrointestinal symptoms, such as nausea, vomiting, and diarrhea, but these symptoms are uncommon in adults. Although the term "stomach flu" is sometimes used to describe vomiting, nausea, or diarrhea, these illnesses are caused by certain other viruses, bacteria, or possibly parasites, and are rarely related to influenza.
- **How long is a person with flu virus contagious?** The period when an infected person is contagious depends on the age and health of the person. Studies show that most healthy adults may be able to infect others from 1 day prior to becoming sick and for 5 days after they first develop symptoms. Some young children and people with weakened immune systems may be contagious for longer than a week.

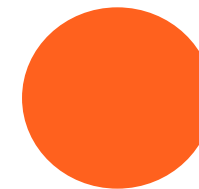
- **What are the symptoms of the flu versus the symptoms of a cold?** In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.
- **What are influenza antiviral medications?** Influenza antiviral medications are drugs that suppress the ability of influenza viruses to reproduce. When used correctly, they can reduce the duration of symptoms and some complications from influenza virus infection.
- **What can I do to protect myself and others from getting the flu?** The single best way to prevent the flu is for individuals (especially those at high risk for serious complications from the flu) to get a vaccination each year. However, there are other good health habits that can help prevent the flu.

- Avoid close contact with people who are sick.
- When you are sick, keep your distance from others to protect them from getting sick, too.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

How Do I Know If My Child Has the Flu?

	Flu	Cold
Was your child's onset of illness ...	sudden?	slow?
Does your child have ...	high fever?	no (or mild) fever?
Is your child's exhaustion level ...	severe?	mild?
Is your child's cough ...	dry?	severe or hacking?
Is your child's throat ...	fine?	sore?
Is your child's head ...	achy?	headache-free?
Is your child's appetite ...	decreased?	normal?
Are your child's muscles ...	achy?	fine?
Does your child have ...	chills?	no chills?

Source: HealthAmerica



Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, door-knobs, and desks.