

## Tips for Parents Who Have Children Attending School

Did you know that 20,000 children under the age of 5 years are hospitalized every year because of flu-related complications? The best way to protect against the flu is for children to get a flu vaccination each year. Flu vaccination is recommended for all children aged 6 months and older. Here are some tips to preventing flu.

### #1 Get vaccinated

This is the first and most important step. If you have not already, get yourself and your children vaccinated as soon as possible. Because the flu virus is circulating in our community, it is crucial to get vaccinated to protect you and everyone in your family over the age of 6 months.

### #2 Stay home when sick

If your child does catch the flu, make sure he/she stays home and rests. Stay home for at least 24-hours after being free of fever (100° F [37.8°]) without having used fever-reducing medications like Tylenol or Advil. By staying home, we can also prevent others from catching the flu.

For most people the flu will be a mild or moderate illness. Treat the symptoms by drinking plenty of fluids, getting enough rest and taking medicine if you have a fever. If symptoms worsen, be sure to contact a health care provider right away.

### #3 Wash hands often

Advise your children to sing the 'Happy Birthday' song twice while washing their hands. Make sure they rub their hands thoroughly in soap and warm water for at least 20 seconds. If there is no soap and water, an alcohol-based hand sanitizer may be used.

### #4 Cover coughs and sneezes

Tell your child to cover their mouth and nose with a tissue when they cough or sneeze. Then throw the tissue in the trash immediately. If they do not have a tissue, tell them to cough or sneeze into their upper sleeve or elbow. Never cough into your hands.

For more information, go to [www.sccphd.org](http://www.sccphd.org) or [www.cdc.gov/flu/](http://www.cdc.gov/flu/)