



Steps Parents and Guardians Can Take If They or Their Children are at High Risk for Flu

1. Make sure your child's hands are washed for 20 seconds with soap and water or an alcohol-based hand rub often and especially after coughing or sneezing.
2. Have your child cough and sneeze into a tissue or into his or her elbow or shoulder if a tissue is not available.
3. Keep your child away from people who are sick.
4. Clean surfaces and objects that your child frequently touches with cleaning agents that are usually used.
5. When there is flu in your community, consider your child's risk of exposure if they attend public gatherings. In communities with a lot of flu, people who are at risk of complications from flu should consider staying away from public gatherings.
6. If flu is severe in your community, talk to your doctor and child's school to develop a plan on how to handle your child's special needs.
7. Get your child vaccinated for seasonal flu and 2009 H1N1 flu when vaccines are available.
8. High risk students such as preschool, medically fragile or pregnant students should be held out of school for a minimum of 7 days and until they are without symptoms and without a fever or signs of fever without antipyretics for over 24 hours, whichever is longer, if there is a case reported

