



Steps Parents and Guardians Can Take To Prepare for the Flu

1. Make sure your contact information at school(i.e. phone numbers) is up-to-date and correct. Information that is not correct causes delays in getting your student care. Give the school nurse other emergency numbers to call if you cannot be reached immediately.
2. Have a family plan about who is going to be able to pick up your student if he or she becomes ill during the school day or the school is closed.
3. Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand sanitizers are also effective. Please supervise children while they are using hand sanitizers.
4. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
5. Stay home if you or your child is sick for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine such as ibuprofen or acetaminophen). Keeping sick students at home means that they keep their viruses to themselves rather than spreading them with others.
6. If your child was sent home from school one day, your child may not return to school the next day (must be without a fever 24 hours or more without the use of fever reducing medication, such as acetaminophen or ibuprofen. Never give aspirin).
7. Get your family vaccinated for seasonal flu and 2009 H1N1 flu when vaccines are available.
8. Call your healthcare provider for instructions regarding making arrangements for your child to be seen. Don't go to the provider's office without calling first.

