



## Guidelines for parents to protect their children and family members from AH1N1 or H1N1 Influenza

Check with your Doctor if there is a vaccination available and if he recommends that you, your child or members of your family be vaccinated.

Actions to limit chances of exposure to the influenza virus:

All children (as developmentally appropriate) should be taught and asked to follow these steps, which prevent the transmission of respiratory infections such as influenza:

- Wash your hands often with soap and water, especially after you cough or sneeze.
- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the bin after using it.
- Avoid touching your eyes, nose or mouth; germs spread this way.
- Avoid close contact with people who are sick.

### **What you should do if you, your child or any member of your family get sick with influenza:**

Stay home if you or your child is sick, until you are symptom-free for at least 24 hours (without the use of medication).

- Cover the mouth and nose when coughing and sneezing. Clean hands often with soap and water or an alcohol-based hand rub and especially after coughing or sneezing.
- Keep sick household members in a separate room if possible to limit contact with household members who are not sick.
- Consider designating a single person as the main caregiver for the ill child or adult.
- Monitor the health of the sick child and any other household members by checking for fever and other symptoms of flu. A fever is a temperature taken with a thermometer that is equal to or greater than 37.8 degrees Celsius. If you are not able to measure a temperature, the sick person might have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering.

- Watch out for emergency warning signs and visit the nearest clinic urgently if one or more of the following emergency warning signs develops:
  1. Fast, difficult, or troubled breathing or shortness of breath
  2. Bluish lips ,nails or skin
  3. Not drinking enough fluids
  4. Not urinating or no tears when crying
  5. Severe or persistent vomiting
  6. Sudden dizziness
  7. Confusion
  8. Pain or pressure in the chest or abdomen
  9. Flu-like symptoms improve but then return with fever and a worse cough
  10. Not waking up, not interacting, or being so irritable that the child does not want to be held
  
- Check with your doctor about any special care needed for household members who may be at higher risk for complications from flu. This includes children under the age of 5 years, pregnant women, people of any age who have chronic medical conditions (such as asthma ,diabetes, or heart disease), and people aged 65 years and older.
- Ask your doctor about antiviral medicines or fever-reducing medicines for sick household members. Do not give aspirin to children or teenagers; it can cause a rare but serious illness called Reye's syndrome.
- Make sure sick household members get plenty of rest and drink clear fluids (such as water, soup, sports drinks, rehydration fluids for infants) to keep from being dehydrated.
- If a household member is sick, keep any school-aged brothers or sisters home for 5 days from the time the household member became sick. Parents should monitor the health of other school-aged children for fever and other symptoms of the flu.

**PLEASE INFORM THE NURSE WHEN YOUR CHILD BECOMES ILL AND WHEN YOUR CHILD RETURNS TO SCHOOL**