

# Seasonal and H1N1 Flu Tips: For Parents of Children in Child Care Programs

The H1N1 influenza (flu) virus, formerly known as Swine Flu, is currently causing illness in people throughout the United States and countries around the world, causing the World Health Organization to declare a pandemic. The following information was obtained from the Centers for Disease Control and Prevention (CDC). We encourage you to keep up-to-date by visiting [www.cdc.gov](http://www.cdc.gov). The following information can be used for seasonal flu and H1N1 flu.

## RECOMMENDATIONS FOR CHILD CARE PROGRAMS – H1N1 VACCINE

The CDC recommends the primary way to reduce spread of influenza in child care programs:

- early identification of ill children and staff
  - staying home when ill
  - good cough and hand hygiene etiquette
- When H1N1 vaccine becomes available, children will be a priority population to get the vaccine.
  - Until the vaccine is available, the Medina County Health Department is encouraging *every family* to develop a preparedness kit, learn how to care for sick persons at home, wash hands frequently, and cover coughs and sneezes with your elbow.



## PROTECT YOURSELF, YOUR FAMILY, AND YOUR COMMUNITY EVERY FLU SEASON

Stay informed – [www.cdc.gov](http://www.cdc.gov) or [www.medinahhealth.org](http://www.medinahhealth.org). Tip sheets on caring for someone at home, what to do if you get sick, cleaning surfaces, and preparedness checklists are available.

- Cover your nose and mouth when you cough or sneeze – use your sleeve or tissue.
- Wash your hands frequently with soap and water, especially after possible exposure to the flu virus.
- Avoid touching your eyes, nose, and mouth – germs spread this way.
- Get prepared – have an emergency preparedness kit and plan at home. To make your own emergency preparedness kit, visit [www.medinahhealth.org](http://www.medinahhealth.org) or [www.flu.gov](http://www.flu.gov).
- Get your seasonal flu shot. Check our website for the latest flu clinic schedule. Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. The following groups are at higher risk for disease and should be vaccinated first:
  - People 6 months through 24 years of age
  - Pregnant Women and people who live with or care for children younger than 6 months of age
  - Emergency Medical Services personnel and healthcare workers
  - People 25 through 64 years of age who have health conditions associated with higher risk of medical complications from influenza.

- Talk to your doctor or pharmacist about the safest over-the-counter medications for your infant or child. Include medications for your child in your emergency preparedness kit.
- Stay home when you or your children are sick. Keep your children home until they are fever-free for 24-hours without the use of fever-reducing medication. A fever is 100 degrees Fahrenheit measured by mouth or over 99 degrees Fahrenheit measured under the arm without adding a degree. Signs of a fever include chills, feel very warm to touch, flushed appearance, or sweating. Talk to your employer in advance about sick leave during flu season.

### **SYMPTOMS:**

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| <ul style="list-style-type: none"> <li>• Fever</li> <li>• Cough</li> <li>• Sore throat</li> <li>• Runny nose</li> <li>• Body aches</li> <li>• Headache</li> <li>• Chills</li> <li>• Fatigue</li> </ul> | <p>Some people with H1N1 also have</p> <ul style="list-style-type: none"> <li>• Diarrhea</li> <li>• Vomiting</li> </ul> |
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### **EMERGENCY WARNING SIGNS WHEN TO CALL A DOCTOR**

#### CHILDREN

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms that improve but then return with fever or worse cough



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[www.medinahhealth.org](http://www.medinahhealth.org)

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