



Flu Guide for Parents

Flu Information and Protecting Your Child

What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs caused by influenza viruses. There are many different flu viruses and sometimes a new flu virus emerges to make people sick.

Novel H1N1 flu is a new and very different influenza virus that is spreading worldwide among people. This virus was called the "swine flu" at first because it has pieces of flu viruses found in pigs in the past. However, no H1N1 virus has been detected in U.S. pigs.

How does the flu spread?

Both seasonal and H1N1 are spread by coughing and sneezing of people with the virus. People may also get sick by touching something with the flu virus on it and then touching their nose, mouth, or eyes.

What are the symptoms?

Symptoms are fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills. Some may also have vomiting and diarrhea.

How can I protect/prevent the flu?

Getting flu shots will help protect against the flu.

Other steps include:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the garbage after use and wash your hands.
- Wash often with soap and water. If soap and water are not available use alcohol based hand sanitizer. Soap and water is the best practice.
- Avoid touching your eyes, nose, and mouth.
- Teach these actions to your children.
- Keep your child home if they are sick.

Flu Clinic

Public Health will be in Swea City on September 24th from 11:00-1:00 for seasonal flu vaccines. This also includes the flu mist. Consent forms are available on the school website. If you want your child to have the flu vaccine please return the consent form along with insurance card copy or payment before the 24th.

H1N1

The H1N1 vaccine will hopefully be here by mid to late October. We will send out more information regarding the vaccine when public health notifies us. From our understanding this is a 2 shot/mist process.

School's Policy follows CDC Guidelines

If your child is sick with flu-like illness, the CDC (Center of Disease Control) recommends that the child stay home at least for 24 hours after the fever is gone. The child's fever should be gone without the use of fever reducing medi-

cations such as Tylenol or Ibuprofen.

If you send your child to school before the 24 hours, we will send them home. This is to help stop the spread of the illness to the rest of our students and

staff. If your child vomits or has diarrhea the night before school or the morning of they need to stay home to help decrease the spread of any illness. If they are sent, they will be sent home. Thanks for your cooperation in advance.
