

Information for parents:

- Keep children who are sick at home. Don't take them to school or take them anywhere else, except to receive needed medical care. Ill children should stay home until they are fever free (without the use of fever-reducing medicine like Tylenol or Ibuprofen) for 24 hours or more.
- Plan for the possibility that you will be called to bring your child home from school if he or she gets sick while in school.
- Cover your mouth and nose with a tissue when coughing or sneezing, and insist that your children do the same. If you don't have a tissue, cough or sneeze into the bend of your elbow.
- Wash your hands often with soap and water, especially after coughing or sneezing, and see that your children follow your example. Alcohol-based hand cleaners will also work.
- Remind children to avoid touching their eyes, nose, or mouth. Germs are spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Make sure that your children practice other good health habits. See that they get plenty of sleep, get exercise, drink plenty of fluids, and eat healthy foods.
- Get your child vaccinated for seasonal flu soon. See that your child receives the H1N1 vaccine when it becomes available.
- Stay informed. Watch for information from your child's school. A good website is [www.flu.gov](http://www.flu.gov)

If you have questions about H1N1 flu, please contact your school nurse or family's usual healthcare provider. You can also get more information from your local public health department.

We also recommend the following Web sites:

<http://www.cdc.gov>,

[http://www.kdheks.gov/H1N1/download/Letter\\_to\\_parents\\_08\\_13\\_09.pdf](http://www.kdheks.gov/H1N1/download/Letter_to_parents_08_13_09.pdf)

*[kidshealth.org](http://kidshealth.org)*