

## We Are Fighting the Flu!

Our school is seeing more cases of flu. With both seasonal flu and pandemic H1N1 circulating at our school and in the community, here are a few reminders about what to do.

- Conduct daily health checks. Before you bring your child to school, check for fever (temperature of 100°F or higher) and any of the following flu symptoms: cough, sore throat, runny or stuffy nose, body aches, headaches, chills or fatigue.
- If your child has a fever, especially with another symptom, keep them home. If your child just doesn't look or feel well, and has one or more of the flu symptoms, keep them home.
- Stay home. Children and others with flu-like illness should stay home. Stay home for at least 24 hours after the child is fever-free without using medicines.
- Get your flu vaccines. If you haven't gotten your child the seasonal flu vaccine – get it now. Once the H1N1 vaccine is available, get that too! Children under 10 years of age will need booster shots.
- Keep up the good health habits. Wash your hands, cover your cough and wash your hands often!

Please remember, at this time the symptoms and severity of pandemic H1N1 and seasonal flu are very similar. Most healthy children and adults will recover from the flu without any special medical attention. Just watch for worsening symptoms and/or difficulty breathing. If that happens, call your medical provider right away.

