



Resources:

- **Centers for Disease Control and Prevention**
<http://www.cdc.gov/h1n1flu/>
 Dedicated solely to the H1N1 flu. Features a weekly update of flu activity throughout the country.
- **Flu.gov**
www.flu.gov
 Information from the U.S. government about pandemic and seasonal flu.
- **KidsHealth**
www.kidshealth.org
 Health information about children from before birth through adolescence.
- **Keep Kids Healthy**
www.keepkidshealthy.com/index.html
 Resources for parents and teachers.
- **Mayo Clinic Children's Health**
www.mayoclinic.com/health/childrens-health/CC99999
 Information about managing health, understanding child development and exploring parenting issues.
- **BAM from the Centers for Disease Control**
www.bam.gov/
 Information about fitness, disease prevention, body and mind.
- **American Academy of Pediatrics**
www.aap.org/
 Information on optimal physical, mental and social health.
- **Discovery Channel Education**
<http://www.school.discoveryeducation>
 Lesson plans in all subjects for K-12; valuable in the event that children are home for extended periods of time.

Swine flu and your child

How parents can prevent/treat the H1N1 flu

With the start of the new school year comes the renewed threat of the H1N1 influenza virus. The spread of the virus becomes much more likely as students congregate in the close quarters of buses, classrooms and cafeterias. In fact, the largest number of cases of H1N1 has occurred in people between the ages of 5 and 24 years old. Though children are at higher risk, there are a number of things parents and students can do to lessen the spread of the H1N1 flu:

- The most important step is frequent and thorough hand washing. Parents and children should wash hands for at least 20 seconds with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective. Children should lather up, and rub not just their fingers and palms, but also under their fingernails, around their wrists and between their fingers, for as long as it takes to sing "Happy Birthday" twice.
- Remind children to cover their mouths and noses with tissues when coughing or sneezing. If tissue aren't available, children should cough or sneeze into their elbows or shoulders rather than their hands.
- Keep children at home if they are sick. They should remain home for at least 24 hours after there is no longer a fever or signs of a fever without the use of fever-reducing medications.
- Get your family vaccinated for seasonal flu now. Get the H1N1 flu vaccine when it becomes available. H1N1 vaccines are expected to be available in October.
- Tell children not to touch their faces. The eyes, nose and mouth are the most direct routes for influenza viruses to get into the bloodstream. If children do touch their faces, they should wash their hands immediately afterward.



– Source: www.cdc.gov

Parents do need to be concerned about H1N1, but should also remember that if they seem overly worried, children will panic. Parents should reassure children that health and school officials are working hard to ensure they stay healthy. Teaching preventative measures and giving them a sense of control over the spread of the disease can help reduce anxiety.



Steps for parents in the event of school closings

There are several steps parents can take to ensure that children will have proper care and continue to learn if their school is closed due to pandemic flu. These steps include:

- Be prepared to support home learning activities. Many learning resources are free on the Web. Have school materials, such as text books, workbooks and homework packets available at home.
- Find out if your employer will allow you to stay at home to care for children dismissed from school. Ask if you can work from home. If this is not possible, find an alternate arrangement.
- If school is dismissed, monitor the school's website, local news and other sources for information about returning to school.

Source: www.cdc.gov

Some children have higher risk of flu

Parents of children under 5 years old or with chronic medical conditions such as asthma, diabetes, heart disease and metabolic conditions should take even more precaution against illness. These children are at higher risk of contracting seasonal or pandemic flu.

Source: www.cdc.gov

Recognize if your child is sick

It is important to watch carefully for the signs and symptoms of flu or unusual behavior that may indicate your child is sick, especially if he or she is



younger and may not be able to explain his/her symptoms adequately. Symptoms of flu include fever, cough, sore throat, runny or stuffy nose, body aches and fatigue. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, your child may have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering. Watch for emergency warning signs that need urgent medical

attention. These warning signs include:

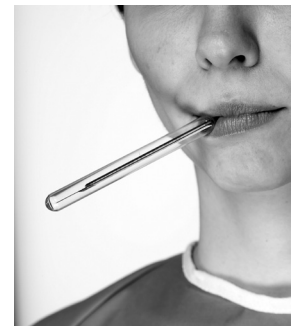
- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not urinating or no tears when crying
- Severe or persistent vomiting
- Not waking up or not interacting
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion

Source: www.cdc.gov

Prepare a plan of action for a sick child

In the unfortunate event that your child does contract the flu, there are several ways in which you as a parent can be prepared. These simple preparations include:

- Plan for child care at home if your child gets sick.
- Plan to monitor the health of the sick child and any other children by checking for fever and symptoms of the flu.
- Update emergency contact lists.
- Identify a separate room in the house for care of sick family members. Consider designating a single person as the caregiver for anyone who is ill.
- Pull together games, books, DVDs and other items to keep your family entertained while at home.
- Talk to your school about their flu pandemic or emergency plan.
- 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.
- Have antiviral or fever-reducing medicines on hand after consulting about such medications with your physician.



Source: www.cdc.gov