



SCHOOL DISTRICT

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ACTION STEPS FOR PARENTS TO PROTECT YOUR CHILD AND FAMILY FROM THE FLU THIS SCHOOL YEAR

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

1. **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. **Cover your mouth and nose** with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. **Stay home if you are sick or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means they keep their viruses to themselves rather than sharing them with others.
4. **Get your family vaccinated** for the seasonal flu and the 2009 H1N1 flu when vaccines are available.

If flu conditions become MORE severe, parents should consider the following steps:

- Extend the time sick children stay home for at least 7 days, even if they feel better sooner. People who are sick after 7 days should continue to stay home until at least 24 hours after symptoms have completely gone away.
- IF a household member is sick, keep any school-aged brothers or sisters home for 5 days from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.

Follow these steps to prepare for the flu during the 2009-2010 school year:

- Plan for childcare at home if your child gets sick or their school is dismissed.
- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of the flu.
- Identify 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 flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those with chronic medical conditions, such as asthma and diabetes.
- Identify a separate room in the house for the care of sick family members.
- Update emergency contact lists.
- Collect games, books, DVDs and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.

Talk to your school administrators about their pandemic/emergency plan. For more information visit www.flu.gov. Contact CDC 24 hours/Every Day-1-800-CDC-INFO (232-4636)

The Mission of the Canon-McMillan School District, in partnership with the community, is to educate all students to attain their maximum potential as independent life-long learners and critical thinkers, within a safe, nurturing environment which fosters the development of ethical and responsible citizens.

We are an equal rights and opportunity school district.