

***Saint Elizabeth Regional School  
in conjunction with the  
Whitehall-Coplay School District***

**Protecting Your Child and Family from the Flu and Other Contagious Diseases**

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:

- **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. We recommend that you wash your hands with soap and water for 15 to 20 seconds. When soap and water are not available, alcohol based hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.
- **Cover your mouth and nose** with a tissue when you cough or sneeze and throw the tissue in the trash after it is used. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands. If you use your hands when you sneeze or cough, wash your hands immediately. Remind children to practice healthy habits too, because germs spread.
- **Stay home when 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 that they keep their viruses to themselves rather than sharing them with others.
- **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.

**If someone in your house develops the flu, follow these steps:**

- **Keep sick household members in a separate room in the house** as much as possible to limit contact with other family members who are not sick. Consider making a single person in the house the "caregiver" for the sick person.
- **Have the sick household member wear a surgical face mask** (if available and tolerable) when sharing common spaces with other family members to help prevent spreading the virus to others.
- **Monitor the health of the sick child** and any other household members by checking for fever and other flu-like symptoms.
- **Check with your doctor about any special care** needed for household members who may be at higher risk for complications from the flu.
- **Ask your doctor about antiviral medicines or fever-reducing medicines** for sick household members.
- **Make sure sick household members get plenty of rest and drink clear fluids** (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.
- **Notify the child's school nurse that your child is home with the flu.**

For more information:

Visit [www.flu.org](http://www.flu.org)

Contact CDC 24Hours/EveryDay

- 1 (800)CDC-INFO (232-4636)
- TTY: (888) 232-6348
- [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)