



H1N1 SWINE FLU ADVISORY TO PARENTS

September 10, 2009



Public Health
Prevent. Promote. Protect.

HUNTERDON COUNTY DEPARTMENT OF HEALTH

When to Keep Your Child at Home

It is *your* responsibility to ensure that your children are not sent to school when they are sick. This extremely important step is the single best way to reduce the spread of flu-like illness in our community.

You will help all of us by strictly adhering to these guidelines.

To help limit the spread of H1N1 virus (swine flu):

Keep sick people away from healthy people. If your child is sick, keep your child home. This not only helps your child to get well, it also helps stop the spread of the flu.

Before sending your child to school or daycare, consider these questions:

- Does your child have a **fever** (100° F or 37. 7°C)? If you don't have a thermometer, feel your child's skin with your hand. If it is much warmer than usual, your child probably has a fever.
- Does your child have a **sore throat, cough, runny nose, body aches, vomiting, or diarrhea**?

If you answer YES to either or both questions, your child might have the flu. Keep your child home from school until at least 24 hours after being free of fever (100° F [37.8°C]) or signs of a fever without the use of fever-reducing medications. This recommendation applies to schools, camps, daycares, public gatherings and community settings.

When should my child go to the doctor?

A health care provider should be consulted when a child younger than 5 years old — or any age if they have a high-risk medical condition — develops an illness consistent with influenza. Consult a physician immediately if your child of any age shows any of these symptoms: fast or troubled breathing; bluish or gray skin color; not drinking enough fluids; severe or persistent vomiting; not waking up or interacting; flu-like symptoms that improve but return with fever and worse cough; or if they have chronic medical conditions including heart or lung disease, diabetes or asthma.

If you need medical care but you don't have a medical provider, call the Hunterdon Medical Center's Physician Referral Service at 1-800-511-4462.

For more information and updates:

- ❖ Hunterdon County Department of Health, Mon – Fri 9am – 4:30pm, **908-788-1351**
- ❖ Hunterdon County Department of Health – **<http://www.co.hunterdon.nj.us/health.htm>**
- ❖ Center for Disease Control (CDC) at **<http://www.cdc.gov/h1n1flu/>**