

# HELP REDUCE THE SPREAD OF H1N1 FLU



## COVER YOUR COUGHS AND SNEEZES

USE RESPIRATORY ETIQUETTE — COVER YOUR COUGHS AND SNEEZES WITH YOUR UPPER SLEEVE



## WASH HANDS WITH SOAP & WATER

DON'T RUSH. SCRUB FOR AT LEAST 20 SECONDS TO RID YOUR HANDS OF BACTERIA. USE HAND SANITIZERS OR ALCOHOL-BASED HAND GEL IF YOU ARE UNABLE TO WASH HANDS



## STAY HOME IF YOU ARE SICK

STAY HOME FOR AT LEAST 24 HOURS AFTER YOU ARE FREE OF FEVER OR SIGNS OF A FEVER WITHOUT THE USE OF FEVER-REDUCING MEDICATIONS. IF SYMPTOMS LAST LONGER, STAY HOME UNTIL SYMPTOMS ARE GONE FOR 24 HOURS.

## FOR MORE INFORMATION ABOUT FLU :

[WWW.CO.HUNTERDON.NJ.US/HEALTH.HTM](http://WWW.CO.HUNTERDON.NJ.US/HEALTH.HTM)

OR CALL

HUNTERDON COUNTY H1N1 FLU INFO  
MON — FRI 9AM — 4:30PM, 908-237-7150

[WWW.STATE.NJ.US/HEALTH/ER/H1N1/](http://WWW.STATE.NJ.US/HEALTH/ER/H1N1/)

[WWW.PANDEMICFLU.GOV](http://WWW.PANDEMICFLU.GOV)

[WWW.CDC.GOV/FLU](http://WWW.CDC.GOV/FLU)

[WWW.LUNGUSA.ORG](http://WWW.LUNGUSA.ORG)

# RESPONDING TO H1N1 FLU PANDEMIC



**HUNTERDON SCHOOLS,  
PARENTS AND STUDENTS  
NEED TO WORK TOGETHER**

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Division of Public Health Preparedness



**Public Health**  
Prevent. Promote. Protect.  
HUNTERDON COUNTY DEPARTMENT OF HEALTH

**THINGS PARENTS &  
STUDENTS SHOULD KNOW**

**WHAT TO DO IF  
YOUR CHILD GETS THE FLU**

# VACCINATIONS WILL BE AVAILABLE

Deciding whether or not to get an annual flu shot is a personal choice. But this year, choosing or not to seek the protection that flu vaccines can offer is even more important because it is highly probable that both the seasonal flu and the H1N1 flu will be co-circulating in the community.

It is especially vital that parents and students discuss this significant decision and include their personal physician if they have questions.

**The Hunterdon County Department of Health recommends that residents get vaccinated for seasonal flu and for H1N1 flu this year.** This advice is based on the position of the Centers for Disease Control and the World Health Organization, two of the leading health authorities responding to the current H1N1 pandemic.

While vaccinations are not a 100 percent guarantee you won't get sick, historically they have made a difference by offering protection not otherwise available.

If you and family members decide against getting vaccinated, here are issues you need to consider.

If

your

child

gets

sick

# PARENTS: IF YOUR CHILD GETS SICK...

Sick and contagious children — for obvious reasons — will not be admitted to school. It is a primary responsibility of the Hunterdon County School System to ensure as much as possible a healthy environment for all students.

Therefore, any child who is sick is not permitted to attend classes and circulate among the student community during their illness.

As a parent, 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 to limit the spread of H1N1 virus by strictly adhering to these guidelines:

**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 for at least 24 hours after they are free of fever or signs of a fever without the use of fever-reducing medications.** If symptoms last longer, keep your child home until symptoms are gone for 24 hours.

## 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.