



Newsletter on H1N1 Influenza for Parents of Children in Day Care

To keep you and your family from becoming sick with the flu, follow these steps:

1. Get your children vaccinated against seasonal flu and 2009 H1N1 flu when vaccines are available. Household contacts (like parents and siblings) and caregivers of children less than 6 months of age should also get vaccinated against seasonal flu and 2009 H1N1 flu because these children are at higher risk for flu complications and are too young to be vaccinated.
2. Stay home if you or your child are sick with a fever of 100 degrees Fahrenheit (measured by mouth) or signs of a fever (chills, feel very warm, flushed appearance, or sweating). Do not return to work/daycare until 24 hours after the fever is gone without the use of fever reducing medicines. Keeping sick children at home means that they keep their viruses to themselves rather than sharing them with others.
3. Practice good hand hygiene by washing your hands often with soap and water, especially after coughing or sneezing. Parents and child care providers should wash the hands of children who cannot do it themselves, and closely monitor children who have not yet mastered proper hand hygiene.
4. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands. Teach your children how to do this.

These steps will help keep you and your family protected against both H1N1 and seasonal influenza.

If your child does not have health insurance, or does not have insurance that covers vaccines, ask your physician or local health department about the (VFC) program. This program is available for eligible children 18 years of age and younger. Adults who do not have health insurance, or do not have insurance that covers vaccines, should contact their local health department for information on vaccines at no or reduced cost



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