

Limiting the Spread of H1N1 (Swine Flu): Information for Parents

When to Keep Your Child at Home

If your child is sick with flu symptoms it is important to keep your child at home. Keeping your child at home will limit the spread of the flu and will help your child get well. Sick children should not attend alternative child care or go to other places. They should *stay home*, unless you are seeking medical care.

Check your child every morning before going to school or child care:

- Does your child have a **fever** (100° F or 37. 7°C)?
- Does your child have a **sore throat, cough, body aches, headache, chills, tiredness, vomiting, or diarrhea**?

If the answer is “yes” to both questions above, your child might have the flu. Keep your child home for 7 days or until symptoms are gone for 24 hours, whichever is longer.

When should my child go to the doctor?

Contact your health care provider if:

- You have traveled to or live in an area where swine flu cases have been identified and your child has flu symptoms. Your health care provider will be able to tell you if influenza testing or treatment is needed.
- Your child has severe illness or is at high risk for flu complications.

Since most of the cases in the United States and Canada have been mild, it is expected that most people will recover without needing medical care.

Children with other mild illnesses including allergies may attend child care as long as they are able to participate comfortably. Their care must not result in a need for more care than the staff can provide without harming the health and safety of the other children (Caring for Our Children- Standard 3.065).

For more information and on-going H1N1 Flu (Swine Flu) updates:

- California Department of Public Health Flu Hotline 888-865-0564
Both English and Spanish speaking operators are available to the public.
Monday-Friday, 7:00 a.m. to 6:00 p.m.
Saturday and Sunday, 8:00 a.m. to 4:00 p.m.

May 8, 2009

Resources:

www.cdph.ca.gov

www.cdc.gov/h1n1flu/