

## Keeping Children & Teens

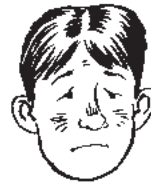
# Home with Flu

This flu season, there may be more illness because of the new H1N1 flu virus (also known as "swine flu"). Be prepared to keep your children and teens home if they get sick.

## Why it's important to stay home with flu

When you've got the flu, you can pass it to others when you cough or sneeze. You are most contagious while you've got a fever AND also for the 24 hours after the fever has gone.

### MOST CONTAGIOUS



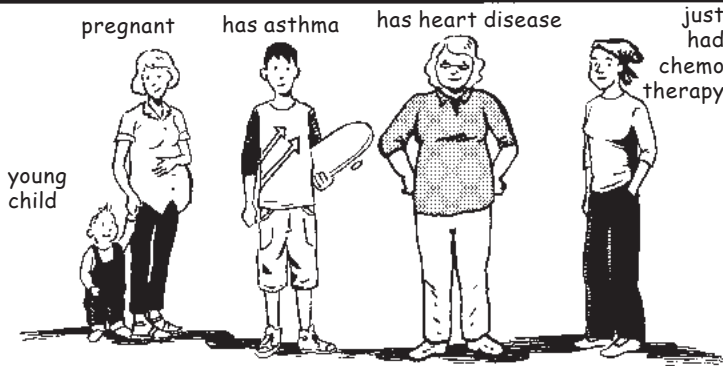
during fever

and



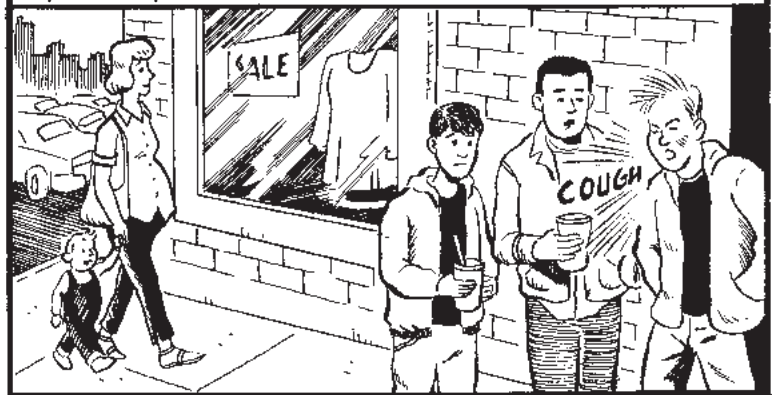
one full day after fever has gone

Some people are at much greater risk of serious health problems if they get the flu.



Many people who are at higher risk look healthy.

If you go to school or other gatherings when you are still spreading the virus, you will put others at risk.



## Plan ahead for back-up childcare



Find out about sick leave policies at work and what your employer plans to do if there is a widespread flu outbreak.

Talk to family, friends, and neighbors now to plan for back-up childcare if your child becomes sick or the school or childcare center closes. Plan ahead.



## Check to make sure your child is well before school or childcare each day

Does your child have:

# fever

above 100° F



AND one of the following:

# cough



OR

# sore throat



If so, your child may have the flu. Other symptoms can include runny nose, body aches, diarrhea, and vomiting.

When your child is sick or there's no childcare, it can be stressful, especially when you have to go to work. Here are some suggestions for what you can do.

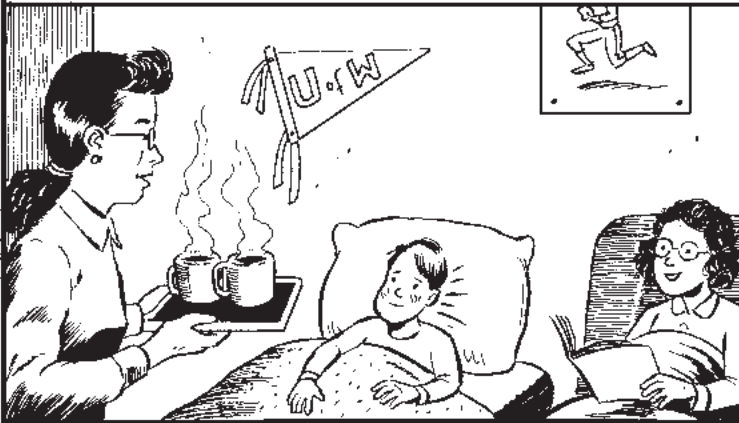


Ask relatives, friends, or neighbors for help.



Set up a neighborhood child care network. Find a small group of families to trade off child care days.

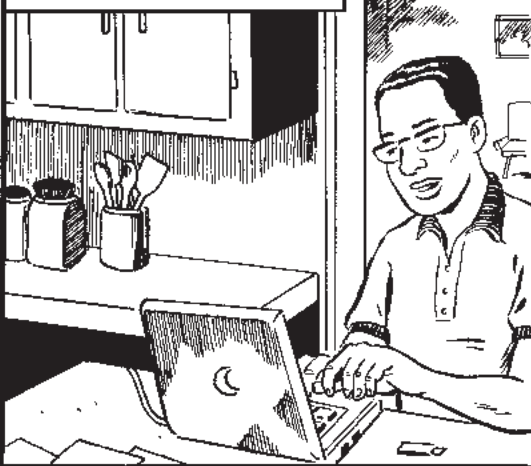
It's best to have 6 or fewer kids. Coordinate care with the same small group of families to prevent the wider spread of illness.



If there are 2 working adults in the household, see if one can work a different shift so that an adult can always be at home.



If possible, find ways to work from home.



**Know when to talk to a health care provider**

Most people with the flu can be cared for at home. Before going to a doctor or clinic, call to see if an appointment is really needed, or go to the public health web site for more information.



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For more information:  
[www.kitsapcountyhealth.com](http://www.kitsapcountyhealth.com)  
 Flu Line (360) 337-5240 or  
 Main Office (360) 337-5235