



What do I do if my child's childcare closes because of H1N1 flu?

Federal officials are recommending schools and daycares stay open and focus on infection prevention methods such as washing hands often, covering coughs and sneezes, and staying home when sick. School and daycare closures are unlikely unless the virus is widespread and many children are absent. However, since the virus is unpredictable, it may change in severity so schools may close to stop the outbreak's spread. To be prepared for all possibilities, it is wise for working parents to develop a back-up plan for someone to care for your child if he/she gets sick and needs to stay at home, or in the event your school or daycare is forced to close.

Speak to your employer about the sick leave policy and alternate work plans in place. Ask if you can work from home if you need to care for your child.

Other alternatives might be to talk with your neighbors about rotating sick and well child care responsibilities. A household with no illness and a flexible work schedule may care for well children when the school or daycare is closed. A parent home with one sick child may care for others in the neighborhood so parents with less flexible work schedules can work. Have options available when needed.

Please be sure your school or daycare has all your current phone numbers in case the school needs to reach you. If you call school to report your child's illness, please specify that your child has flu-like symptoms such as fever, a sore throat, or cough to help us monitor H1N1 flu in our community. Sick children will be sent home. If your child is sent home with flu-like symptoms please do not send them back to school until 24 hours after a fever is gone without the use of fever reducing medications (e.g. Ibuprofen, Tylenol).

Where can I find out more information about H1N1 flu?

Parents should use the same judgment about whether to take an ill child to the doctor as they would during normal flu season. If you would not usually see a health care provider for the symptoms your child is exhibiting, you shouldn't need to see a health care provider. However, be watchful if symptoms are severe or quickly worsen.

The Centers for Disease Control & Prevention (CDC) has a 24-hour phone bank at 1-800-CDC-INFO. You can also visit online www.flu.gov and www.cdc.gov/h1n1flu for the most current information.

For information about flu in our community and H1N1 vaccine availability, visit Southwest District Health at www.swdh.org and Idaho Department of Health & Welfare at www.healthandwelfare.idaho.gov. Please check with your medical provider if you have questions that are not provided in any of these resources.



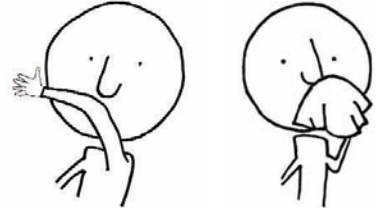
BE A GERM-BUSTER



WHAT YOU CAN DO TO PROTECT YOURSELF AND YOUR FAMILY

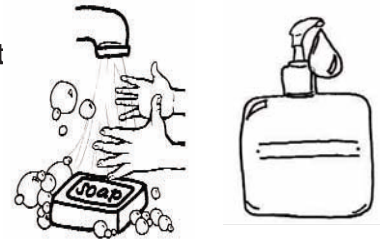
COVER YOUR COUGH AND SNEEZE

Cover your mouth and nose with a tissue
Put your used tissue in the trash immediately
If a tissue is not available, cough or sneeze
into the inside of your elbow--not your hands



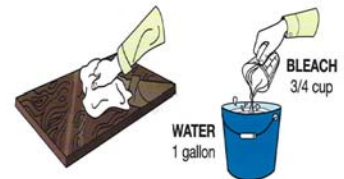
WASH YOUR HANDS

Wash your hands with warm, soapy water for at least
20 seconds OR use an alcohol-based hand sanitizer:
after coughing or sneezing
after caring for a sick person
after using the bathroom or changing a diaper
after handling garbage or animal waste
before you eat



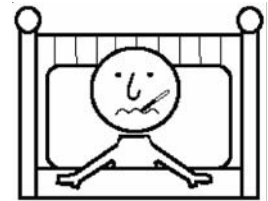
KEEP LIVING AND WORK AREAS CLEAN

Clean areas with household detergents such as
dishwashing liquid, laundry detergent, and hand soap
Sanitize surfaces with bleach or alcohol



STAY HOME WHEN YOU ARE SICK

Stop the spread by staying home from work or school
and limit contact with others to keep from infecting
them. In turn, stay about six feet away from sick
people. During a pandemic you may also be asked to
avoid crowds, limit your travel, and work from home.



There are many common sense, non-medical steps you can take to
protect yourself, your loved ones, and people around you.

Following these procedures can significantly limit
the spread of viruses.



STOP GERMS -- STAY HEALTHY!

