



H1N1 SWINE FLU ADVISORY



Public Health
Prevent. Promote. Protect.

HUNTERDON COUNTY DEPARTMENT OF HEALTH

Parents: When to Keep Your Child at Home

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 by strictly adhering to these guidelines.

To help limit the spread of H1N1 virus (swine flu):

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 both questions, your child might have the flu. Keep your child home from school for at least 7 full days after onset of symptoms even if symptoms resolve sooner. If symptoms last longer than 7 days keep your child home until symptoms are gone for 24 hours. The CDC advises that individuals with illness are considered infectious for at least 7 days following onset of symptoms.

If you answer YES to only one question, keep your child home from school until symptoms are gone for 24 hours.

When should my child go to the doctor? To answer this, use the same judgment you would during normal flu season. If you would not usually see a health care provider for the symptoms your child has now, chances are you do not need to see a health care provider.

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.

For more information and updates:

- ❖ Hunterdon County H1N1 Flu Info, Mon – Fri 9am – 4:30pm, [908-237-7150](tel:908-237-7150)
- ❖ Hunterdon County Department of Health Website – <http://www.co.hunterdon.nj.us/health.htm>
- ❖ Center for Disease Control (CDC) at <http://www.cdc.gov/h1n1flu/> 5-6-09