Protect Your Children and Others from Flu During the School Year

Parents and guardians:

You can protect the health of your children by teaching them to practice healthy habits during the school year. When children get sick with flu, they may be able to spread it to others for a longer period of time than adults. Plan to keep your children home if they're sick. By practicing healthy habits, you and your family will be doing your part to help prevent the spread of flu.

Take these actions to help keep your family well:

Get your family vaccinated.

Plan to keep them home if they're sick.

- If your children get sick at school, make plans to pick them up as soon as possible.
- Keep your children home for at least 24 hours after their fever is gone without using medicine that lowers fever.

Make sure they cover their nose and mouth with a tissue when they cough or sneeze.

- Throw away dirty tissues.
- Use their sleeve or elbow if they don't have a tissue.
- Wash or sanitize their hands.

Teach them to wash their hands often at home and at school.

- Wash with soap and water for at least 20 seconds (the time it takes to hum the "Happy Birthday" song twice).
- Provide hand sanitizer with at least 60% alcohol in case they don't have soap and water.

Clean frequently touched surfaces and objects.

- Use soap and water, a bleach and water solution, or products with a label that says "EPA-approved" to clean items, such as toys and TV remotes.
- Always follow the directions on product labels.

www.cdc.gov/npi 1-800-CDC-INFO (232-4636) www.cdc.gov/info
TTY:888-232-6348

National Center for Emerging and Zoonotic Infectious Diseases
Division of Global Migration and Quarantine

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