

Fight the Flu.

Parents – Help Stop the Spread!



Get Vaccinated

Make sure your children get vaccinated. It's the best protection from the flu. Be sure to get both the seasonal and the H1N1 flu shots.



Cover Your Cough

Teach your children to cover their mouth with a tissue when they cough or sneeze. They can also cough or sneeze into their inner elbow, but not their hands.



Wash Your Hands

Teach your children to wash their hands often with soap and water. To make sure their hands get clean, have them sing the happy birthday song twice while washing. They can also use a hand sanitizer to clean their hands.



Stay Home When Sick

If your children are sick with the flu, keep them home from school for at least 24 hours after their fever goes away. This means they have no fever even when you don't give them medicine for fever.