



### 2009 Influenza A H1N1 Virus (Swine Flu): When to Keep Your Child Home From School

*In order to prevent the spread of viral illnesses including H1N1 (swine flu) from person to person and prevent complications from the illness, children should be kept home from school or childcare settings (daycare) when they are sick.*

#### What are the symptoms of H1N1?

- Fever (100<sup>0</sup>F or greater)
- Cough
- Rhinorrhea (runny nose)
- Sore throat
- Headache
- Body aches
- Feeling tired (fatigue)
- Vomiting and diarrhea (occasionally)

#### When should I keep my child home from school or childcare settings?

Please answer the following questions:

1. Does your child have a fever of 100<sup>0</sup>F or greater?
2. Does your child have a cough, sore throat, or runny nose?

If you answered “yes” to either question, keep your child home from school or childcare.

#### How long should I keep my child home from school or childcare settings?

Keep your child home for 7 days after symptoms start or until he or she is completely well for a full day (24 hours), whichever is longer. If your child is still sick after 7 days, keep your child at home until completely well for a full day (24 hours).

#### Should I take my child to a healthcare provider?

If the symptoms are severe, contact your healthcare provider for instruction and advice. Make sure to tell the healthcare provider the symptoms your child has including the temperature and how long he or she has had the symptoms.

#### What should I do to care for my child at home?

- DO NOT GIVE ASPIRIN or products containing aspirin. Consult your healthcare provider for approved medications to use with children.
- Give clear liquids frequently to prevent dehydration.
- Make your child as comfortable as possible.
- Provide “fun” activities appropriate to their age such as coloring books, video/computer games, puzzles, etc.
- Discourage visits from classmates and friends.
- Keep the sick child away from other children in the family to prevent the spread of the virus among family members.

#### How do I protect my child from getting swine flu?

- Wash hands often with soap and water. Always wash after coughing or sneezing. If soap and water are not nearby, use an alcohol-based hand gel.
- Teach your child to cover coughs and sneezes with their elbow or a tissue NOT HANDS. Promptly throw away used tissues.
- Do not touch eyes, nose, or mouth. Germs can spread this way.
- Stay away from people who are sick.

For questions or information about H1N1 “Swine” Flu, please visit the CCDPH website at [www.cookcountypublichealth.org](http://www.cookcountypublichealth.org) or call at 708-492-2000.