

# Flu Talk for Parents

Things you need to know about the flu in Idaho from the Idaho Department of Health and Welfare

## For Parents and Guardians



### Protect Your Child From The Flu

**There are things you can do to protect yourself and your child from getting and spreading the flu.**

- Get your child a seasonal flu and an H1N1 shot or nasal spray vaccine
- When you cough or sneeze cover your mouth and nose with a tissue, then throw the tissue in the trash right away
- If you do not have a tissue cough or sneeze into your arm — not your hand
- Stay away from people who are sick
- Wash your hands a lot with soap and water
- Try not to touch your eyes, nose and mouth — germs love these places
- Keep sick people in your home away from the rest of the family
- Keep tables, bathroom and kitchen counters and toys clean by wiping them with disinfectant surface spray or make your own mix with 1/4 cup household bleach and 1 gallon of cold water.

## Questions and Answers

**Q:** What is a flu vaccine?

**A:** A vaccine protects your child from the flu by making your child's body boost her own defense system, which is also called the immune system. Getting a vaccine will NOT give your child the flu. But if your child has an allergy to eggs, is younger than 6 months old, or has a fever she shouldn't get a vaccine.

**Q:** Which is better a flu shot or the nasal spray?

**A:** Both will help protect your child. Talk to a doctor or healthcare provider if you have questions on whether one might be better for your child.

**Q:** Should I wait and see how bad the flu season gets before I get my child a shot or nasal spray?

**A:** No. Waiting to see how many other kids get sick with the flu isn't going to help your child. Getting your child a flu shot or nasal spray before the flu season is in full-force gives your child's body a chance to protect itself from the flu virus.

**Q:** Is the H1N1 flu really different than the seasonal flu?

**A:** Seasonal flu viruses and the H1N1 flu are related but different viruses. Anyone can get either flu, but H1N1 is less common in the elderly than the seasonal flu. You cannot tell the difference between H1N1 and the seasonal flu because the symptoms are the same.

**Q:** How do I know if my child has any kind of flu?

**A:** The flu usually comes on quickly. Your child may have a fever, headache, body aches, cough, chills, sore throat, a runny or stuffy nose and may feel really tired. Sometimes your child might throw up or have diarrhea.

**Q:** When can my child go back to school after having the flu?

**A:** Keep your child home from school, day care and away from other people for at least **one whole day AFTER the fever is gone**. The fever needs to be gone without the help of medicines that reduce fevers.



### Take your child to the hospital if she:

1. Is breathing in and out quickly and is having trouble breathing
2. Has a bluish skin color
3. Is not waking up or interacting
4. Seems to get better, but then comes back with a worse fever and worse cough

# IT REALLY CAN BE SIMPLE . . .

## Avoid Getting The Flu

Get your child a flu shot or flu nasal spray — now.



Tell your child to wash his hands **OFTEN** and with soap.

If your child gets the flu, here are ways to keep from spreading it.

Have your child cough and sneeze into his arm — not his hand.



Clean bathroom and kitchen areas with disinfectant cleaners.



Tell your child to cover his mouth and nose with a tissue then throw the tissue in the trash right away.



Keep your child home and away from others until her fever is gone for at least one day.