

H1N1

Information for Parents

- The most important preventive strategy is hand hygiene. Remind your child to wash hands frequently and cough into his/her elbow.
- The treatment for mild cases of seasonal flu and of swine flu is the same; rest and remain at home, drink fluids, etc. Most people with mild symptoms will recover on their own without treatment and will not need to see a doctor or get a flu test.
- If you suspect your child is becoming ill, he or she should stay at home. Health officials recommend that anyone with flu-like symptoms stay home for 24 hours after the fever resolves. When you report your child's absence, please let us know if he or she has a fever and a cough or sore throat.

The links below provide information about the H1N1 flu:

Center for Disease Control
<http://www.cdc.gov/h1n1flu/>

New York State Department of Health
<http://www.health.state.ny.us/diseases/communicable/influenza/h1n1/>

Westchester County Health Department
<http://www.westchestergov.com/health/>

Putnam County Health Department
<http://www.putnamcountyny.com/health/information/swineflu.htm>