

How can parents help to reduce the impact of H1N1 virus (swine flu)?

If you or your child is sick with fever and sore throat and/or cough, stay at home until fever-free for at least 24 hours without using fever-reducing medication. This includes avoiding school-related or after school activities or events. Wash hands frequently or use alcohol based hand sanitizer. Cover your cough and sneeze into a tissue or your elbow. Get vaccinated for seasonal influenza in October or November. Contact your primary care physician for further instructions about H1N1 vaccination this fall.

Answer these questions every morning before sending your child to school or daycare:

1. Does your child have a **fever** (100° F or 37. 7°C)?
2. Does your child have a **sore throat** or cough?

If you answered yes to both of these questions, see above and contact your primary care physician.

For more information and on-going updates:

- Connecticut Department of Public Health H1N1 Flu (Swine Flu) web site: <http://www.ct.gov/ctfluwatch> and Town of Wilton Flu Response Team at <http://www.wiltonct.org/fluresponseteam>
- Centers for Disease Control and Prevention (CDC) web site: <http://www.cdc.gov/h1n1flu>