

NORWALK PUBLIC SCHOOLS

INFLUENZA PREVENTION TIPS

From www.ct.gov/ctfluwatch and www.cdc.gov/h1n1flu/talkingto kids.htm

Practice good influenza prevention; be a good adult example by doing this yourself:

Stay healthy/get healthy

Do everything you can to improve your health. The healthier you are the more resistant your body is to disease. Adopting healthy behaviors such as eating nutritious foods, being physically active, getting enough sleep and avoiding tobacco can prevent or reduce the damage done by many diseases, including influenza.

Cover Your Cough

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Hand Hygiene

Washing your hands often with soap and water for 20 seconds (long enough to sing the "Happy Birthday" song twice), or using hand sanitizers, will help protect you from germs.

Stay home when you are sick

Stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Stay at least six feet away from people who are sick.

What are the signs of more severe illness with novel H1N1 influenza?

While most of the current novel H1N1 influenza cases have been mild so far, people who get the flu should still be aware of some of the more severe illness with novel H1N1 influenza. If you become ill and have any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, symptoms that need emergency medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Parents may go to <http://www.ct.gov/ctfluwatch> for H1N1 flu information in other languages (Brazilian Portuguese, Chinese, Haitian Creole, Polish, Russian, Spanish and Vietnamese)