



PUBLIC HEALTH

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Director

Promoting Health. Preventing Harm.



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Dear Parents,

The U.S. Centers for Disease Control and Prevention have identified school-aged children as one of the targeted populations for a recurrence of the 2009 H1N1 Influenza A virus this fall. Johnson County Public Health is fully engaged with its local and state preparedness partners in an effort to limit the spread of the virus.

It is important that your school aged children as well as others in your household consider the opportunities you have to stop the spread of germs.

- **Know the signs and symptoms of the flu.**

Symptoms of Influenza are:

- Fever
- Body Aches
- Vomiting
- Cough
- Chills
- Diarrhea
- Sore throat
- Fatigue

- **Do not send children to school if they are sick.** Influenza spreads easily. If you suspect your child is getting influenza, it is important that they not attend school or go anywhere else – such as group childcare, the mall, or sporting events – where other people could be exposed to influenza germs. Be sure they are free of fever for 24 hours without fever reducing medication before they return to school.
- **Teach your children to cover coughs and sneezes** with tissues or coughing into the inside of their elbow. Cough or sneeze into your sleeve – not your hands! Use an alcohol based hand gel with 60% alcohol if soap and water are not available.
- **Teach your children to wash their hands often** to reduce their risk of getting influenza. Washing with soap and hot water for at least 20 seconds is ideal (sing “Happy Birthday Song” twice).
- **Teach your children not to share personal items** like beverages, cups, food, unwashed utensils, or toothbrushes.
- **Get your family vaccinated** for seasonal influenza soon, and novel influenza A (H1N1) when it becomes available.

Thank you for your time,

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