

The H1N1 Flu and Your Family

Protect Your Family from the Spread of Flu

1. Practice Good Hygiene

- Cover coughs and sneezes with a tissue or sleeve
- Use good hand washing habits
- Model good hygiene practices for your kids
- Disinfect frequently touched surfaces



2. Keep Sick Kids at Home

- When children go to daycare sick, they infect other children
- Sick kids should stay home until they are free of fever for at least 24 hours, without fever reducing medications

3. Get Vaccinated

- Vaccination is the best protection
- Vaccines protect those around you, including infants that cannot be vaccinated
- You can spread illness even when you don't feel sick
- Target groups for vaccination include:
 - children 6 months to 24 years of age
 - pregnant women
 - parents and caregivers for infants under 6 months of age
 - people aged 25-64 years with chronic medical conditions
- Seasonal and H1N1 vaccine shots can be given at the same time, however, two nasal mists can only be given 30 days apart