



## 2009 Influenza A H1N1 Virus (Swine Flu): When to Keep Your Child Home from School May 7, 2009

*The Skokie Health Department is issuing this guidance to families, to ensure that necessary precautions and proactive measures are taken to prevent the spread of the influenza A (H1N1) virus (swine flu). These recommendations are subject to change as additional information on this new strain of virus becomes available. These guidelines were developed in collaboration with regional, state and federal public health authorities, and reflect the current local situation with regard to this new virus.*

### **What are the symptoms of H1N1 virus (swine flu)?**

Symptoms often include fever, headache, tiredness, cough, sore throat, runny nose, and body aches. Occasionally, vomiting and diarrhea are present.

### **When should I keep my child home from school?**

Please answer the following questions:

1. Does your child have a fever (temperature of 100°F or higher)?
2. Does your child have a cough, sore throat, or runny nose?

If you answered “yes” to either question, keep your child home from school. Your child might have the flu.

### **How long should I keep my child home from school?**

If you answered “yes” to both of the questions above, keep your child home for seven days after symptoms start or until he or she is completely well for a full day, whichever is longer. If your child is still sick after seven days, keep your child at home until completely well for 24 hours.

If you answered “yes” to only one of the questions above, or if your child appears ill with other symptoms, keep your child at home until completely well for 24 hours.

### **Should I take my child to see a healthcare provider?**

Use the same judgment you would use during a normal flu season. Call your healthcare provider if your child is ill enough that you would normally contact your healthcare provider.

### **How do I protect my children from getting the flu?**

Make sure that your children:

- Wash hands often with soap and water. Always wash after coughing or sneezing. If soap and water are not nearby, use an alcohol-based hand gel.
- Cover coughs and sneezes with their elbow or a tissue. Promptly throw away used tissues.
- Do not touch eyes, nose, or mouth. Germs can spread this way.
- Stay away from people who are sick.

### **Where can I get more information?**

If you have questions, please call the Skokie Health Department at (847) 933-8252. Additional information can be found at the following web sites: [www.skokie.org](http://www.skokie.org), [www.idph.state.il.us](http://www.idph.state.il.us), and <http://www.cdc.gov/h1n1flu/guidance/>.