



# LIBERTY UNION - THURSTON LOCAL SCHOOLS

www.libertyunion.org

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October 28, 2009

Dear Parents:

The Fairfield County Department of Health has established dates for H1N1 flu vaccinations for students in our school district. The Department of Health will send a team of professionals to the elementary school on November 16<sup>th</sup>, and to the middle school and high school on November 17<sup>th</sup>, and will provide (at no cost to parents) vaccinations for all students who have turned in signed parent permission forms.

In order for the Department of Health to set aside a sufficient supply of vaccine for us, we must provide accurate numbers of students with signed parent permission in advance of those dates. Therefore, Friday, October 30<sup>th</sup>, will be the deadline for receiving signed parent permission forms. The parent permission form and related information from the Department of Health is available on the LU-T website. (All students were given the packet to take home to parents on Monday, October 19<sup>th</sup>.)

The vaccinations scheduled for November 16<sup>th</sup> and 17<sup>th</sup> are for LU-T students only. A later date will be established by the Fairfield County Department of Health to provide community vaccinations. We will host the vaccination clinic at the elementary school when a date is established.

Sincerely,

*Paul Mathews*

Paul Mathews  
Superintendent

*Chris Matthews*

Chris Matthews  
School Nurse

*Kelli Brownfield*

Kelli Brownfield  
Elementary School Principal

*Hank Gavarkavich*

Hank Gavarkavich  
Middle School Principal

*Ed Miller*

Ed Miller  
High School Principal



**H1N1 Influenza Vaccine**  
**IMPORTANT INFORMATION FOR**  
**PARENTS OR GUARDIANS**  
From the Fairfield Department of Health

Included in this packet are:

- \_\_\_\_\_ Letter to parents about H1N1 and vaccine information.
- \_\_\_\_\_ Information sheet about H1N1 influenza.
- \_\_\_\_\_ Information sheet about two different kinds of vaccine for H1N1.
  1. Live, attenuated - the nasal spray vaccine
  2. Inactivated - the flu shot
- \_\_\_\_\_ Parent/Guardian consent form which must be completed if you wish your child to receive H1N1 vaccination.

Fairfield Department of Health  
1587 Granville Pike  
Lancaster, Ohio 43130  
[www.myfdh.org](http://www.myfdh.org)

Please direct questions about the vaccine consent form to our immunization coordinator at 740-689-6745. Please allow 24 hours for a return call due to potentially high call volume.

# **FAIRFIELD** The Fairfield Department of Health

Department of Health

1587 Granville Pike  
Lancaster, OH 43130

October, 2009

Dear Parents or Guardians:

As you may have heard, a new influenza virus, called H1N1 influenza virus, was first identified in the United States in late April of this year. The virus, like any flu virus, has caused illness ranging from mild to severe, including some hospitalizations and deaths in adults and children. Many children have become infected with the 2009 H1N1 virus and there have been large outbreaks in some schools across the country. The Centers for Disease Control and Prevention's (CDC Advisory Committee on Immunization Practices has recommended that children and young adults aged 6 months through 24 years be vaccinated against 2009 H1N1 as soon as the vaccine is available. Other groups recommended to get the first available doses of the vaccine include:

- Pregnant women
- People who live with or care for children younger than 6 months of age
- Health care and emergency medical services workers, and
- People ages 25 through 64 years who have certain health conditions such as HIV, diabetes, or heart or lung disease.

Vaccination is the best way to protect your child from this potentially serious disease. The Fairfield Department of Health is working with your child's school to give the 2009 H1N1 influenza vaccine to children at school. Please note that there are two vaccines available - the inactivated injection and the active flu-mist. Vaccine availability and questions answered on the consent form will determine which vaccine your child will need. If only one form of the vaccine is available, and your child is not eligible for that vaccine, the consent form will be marked and returned to the parents. Parents will receive a record of the vaccine. We will be holding vaccination clinics beginning this fall. Your school will let you know the specific dates once vaccine is on-hand. There will be no cost to you for this vaccine.

Enclosed in this packet are forms that include options allowing you to either accept or refuse the vaccination for your child. If you refuse, the vaccination will not be given to your child at this school clinic. Please note for the safety of staff and students, extreme restraint on a non-compliant student will not be used, and that child will not be vaccinated at the school site.

Children under 10 years old are expected to need two doses of vaccine spaced about 3 weeks apart. This additional vaccination will depend on vaccine availability.

If you have any questions about the vaccine, please call: 740-689-6745 from 8 AM to 4 PM. Please visit the CDC's 2009 H1N1 influenza web site at <http://www.cdc.gov/h1n1flu/> and also <http://www.cdc.gov/h1n1flu/parents> for information especially for parents. Your child's doctor also can answer your questions about the 2009 H1N1 influenza virus, or if they will be providing the H1N1 vaccine.

If you want your child to receive the vaccination, please fill out the attached consent form completely and return to the school nurse within one week. If we don't receive this consent form, the vaccine will not be given.

Sincerely,

*Elizabeth Gray, R.N.*

Elizabeth Gray R.N.  
Immunization Coordinator

**2009 H1N1 Influenza Vaccine Consent Form  
Fairfield Department of Health  
1587 Granville Pike Lancaster, OH 43130**

**Section 1: Information about Child to Receive Vaccine (please print)**

STUDENT'S NAME (Last)		(First)	(M.I)	STUDENT'S DATE OF BIRTH Month ____ day ____ year ____	
PARENT / LEGAL GUARDIAN'S NAME (Last)		(First)	(M.I)	STUDENT'S AGE	STUDENT'S GENDER M / F
ADDRESS			PARENT / GUARDIAN DAYTIME PHONE NUMBER:		
CITY	STATE	ZIP			
SCHOOL NAME			GRADE		

**Family physician:** \_\_\_\_\_ **Phone number:** \_\_\_\_\_

**Section 2: Screening for Vaccine Eligibility**

If your child has already been vaccinated with 2009 H1N1 influenza vaccine, please tell us the number of doses and dates of vaccination.

- Dose 1      Date received: month \_\_\_\_ day \_\_\_\_ year \_\_\_\_      Form (please circle):    nasal      spray shot
- Dose 2      Date received: month \_\_\_\_ day \_\_\_\_ year \_\_\_\_      Form (please circle):    nasal      spray shot

The following questions will help us to know if your child can get the 2009 H1N1 influenza vaccine. Please mark YES or NO for each question.

**A. If you answer "NO" to all four of the following questions, your child can probably get the influenza vaccine. If you answer "YES" to one or more of the following questions, your child may be able to get the 2009 H1N1 vaccine, but we will contact you to discuss your options.**

	YES	NO
1. Does your child have a serious allergy to eggs?		
2. Does your child have any other serious allergies? Please list:		
3. Has your child ever had a serious reaction to a previous dose of flu vaccine?		
4. Has your child ever had Guillain-Barre Syndrome (a type of temporary severe muscle weakness) within 6 weeks after receiving a flu vaccine?		

**B. There are two kinds of 2009 H1N1 influenza vaccine. Your answers to the following questions will help us know which of the two kinds of vaccine your child can get.**

	YES	NO
1. Has your child been vaccinated with any vaccine (not just flu) within the past 30 days? Vaccine: _____ Date given: month ____ day ____ year ____		
2. Does your child have any of the following: asthma, diabetes (or other type of metabolic disease), or disease of the lungs, heart, kidneys, liver, nerves, or blood?		
3. Is your child on long-term aspirin or aspirin-containing therapy (for example, does your child take aspirin every day)?		
4. Does your child have a weak immune system (for example, from HIV, cancer, or medications such as steroids or those used to treat cancer)?		
5. Is your child pregnant?		
6. Does your child have close contact with a person who needs care in a protected environment (for example, someone who has recently had a bone marrow transplant)?		

IF you have any questions regarding this form please feel free to contact our Immunization Coordinator at 740-689-6745

\* \* \* \* \* Please allow up to 24 hours for a return call due to high call volume \* \* \* \* \*

\* \* \* \* \* Please turn over and complete the other side \* \* \* \* \*

**2009 H1N1 Influenza Vaccine Consent Form  
Fairfield Department of Health  
1587 Granville Pike Lancaster, OH 43130**

**Section 3: Consent**

**CONSENT FOR CHILD'S VACCINATION:** I have read or had explained to me the 2009-2010 Vaccine Information Statement for the 2009 H1N1 influenza vaccine and understand the risks and benefits.

I GIVE CONSENT to the STATE / LOCAL health department and its staff for my child named at the top of this form to be vaccinated with this vaccine. (If this consent form is not signed, dated, and returned, then your child will not be vaccinated at school.)

Signature of Parent / Legal Guardian \_\_\_\_\_

Date: month \_\_\_\_ day \_\_\_\_ year \_\_\_\_

I DO NOT GIVE CONSENT to the STATE / LOCAL health department and its staff for my child named at the top of this form to be vaccinated with this vaccine.

Signature of Parent / Legal Guardian \_\_\_\_\_

Date: month \_\_\_\_ day \_\_\_\_ year \_\_\_\_

**Section 4: Permission to Release Information**

Place holder for parental consent for release of data from vaccination record.

**Section 5: Vaccination Record**

**FOR ADMINISTRATION USE ONLY**

<b>Vaccine</b>	<b>Date Dose Administered</b>	<b>Route / Site</b>	<b>Dose Number 1<sup>st</sup> or 2<sup>nd</sup></b>	<b>Vaccine Manufacturer</b>	<b>Lot Number</b>	<b>Name and title of Vaccine Administrator</b>
2009 H1N1	/ /	<input type="checkbox"/> IM RD LD RVL LVL <input type="checkbox"/> Intranasal				
2009 H1N1	/ /	<input type="checkbox"/> IM RD LD RVL LVL <input type="checkbox"/> Intranasal				

# 2009 H1N1

# INFLUENZA VACCINE

## *LIVE, ATTENUATED*

## *(the nasal spray vaccine)* WHAT YOU NEED TO KNOW

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis).

### 1. What is 2009 H1N1 Influenza?

2009 H1N1 influenza (sometimes called Swine Flu) is caused by a new strain of influenza virus. It has spread to many countries.

Like other flu viruses, 2009 H1N1 spreads from person to person through coughing, sneezing, and sometimes through touching objects contaminated with the virus.

Signs of 2009 H1N1 can include:

- Fatigue
- Fever
- Sore Throat
- Muscle Aches
- Chills
- Coughing
- Sneezing

Some people also have diarrhea and vomiting.

Most people feel better within a week. But some people get pneumonia or other serious illnesses. Some people have to be hospitalized and some die.

### 2. How is 2009 H1N1 different from regular (seasonal) flu?

Seasonal flu viruses change from year to year, but they are closely related to each other.

People who have had flu infections in the past usually have some immunity to seasonal flu viruses (their bodies have built up some ability to fight off the viruses).

The 2009 H1N1 flu virus is a new virus strain. It is very different from seasonal flu viruses.

Most people have little or no immunity to 2009 H1N1 flu (their bodies are not prepared to fight off the virus).

### 3. 2009 H1N1 Influenza Vaccine

Vaccines are available to protect against 2009 H1N1 influenza.

- These vaccines are made just like seasonal flu vaccines.
- They are expected to be as safe and effective as seasonal flu vaccines.
- They will not prevent "influenza-like" illnesses caused by other viruses.
- They will not prevent seasonal flu. *You should also get seasonal influenza vaccine, if you want protection from seasonal flu.*

### 3. 2009 H1N1 Influenza Vaccine continued

**Live, attenuated intranasal** vaccine (or LAIV) is sprayed into the nose. **This sheet describes the live, attenuated intranasal vaccine.**

An **inactivated** vaccine is also available, which is given as a shot. It is described in a separate sheet.

The 2009 H1N1 LAIV does not contain thimerosal or other preservatives. It is licensed for people from 2 through 49 years of age.

The vaccine virus is attenuated (weakened) so it will not cause illness.

### 4. Who should get 2009 H1N1 Influenza Vaccine and when?

**WHO** LAIV is approved for people from 2 through 49 years of age who are not pregnant and do not have certain health conditions (see number 5 below). Groups recommended to receive 2009 H1N1 LAIV first are healthy people who:

- are from 2 through 24 years of age,
- are from 25 through 49 years of age and
  - 1) live with or care for infants younger than 6 months of age, or
  - 2) are health care or emergency medical personnel.

As more vaccine becomes available, other healthy 25 through 49 year olds should also be vaccinated.

**Note:** While certain groups should not get LAIV – for example pregnant women, people with long-term health problems, and children from 6 months to 2 years of age, it is important that they be vaccinated. They should get the flu shot.

**WHEN** Get vaccinated as soon as the vaccine is available.

Children through 9 years of age should get **two doses** of vaccine, about a month apart. Older children and adults need only one dose.

## 5. Some people should not get the vaccine or should wait

You should not get 2009 H1N1 LAIV if you have a severe **(life-threatening) allergy to eggs**, or to **any other substance in the vaccine**. *Tell the person giving you the vaccine if you have any severe allergies.*

2009 H1N1 LAIV should not be given to the following groups:

- children younger than 2 and adults 50 years and older
- pregnant women,
- anyone with a weakened immune system,
- anyone with a long-term health problem such as  
heart disease      kidney or liver disease  
lung disease      metabolic disease such as diabetes  
asthma              anemia and other blood disorders
- children younger than 5 years with asthma or one or more episodes of wheezing during the past year,
- anyone with certain muscle or nerve disorders (such as cerebral palsy) that can lead to breathing or swallowing problems,
- anyone in close contact with a person with a *severely* weakened immune system (requiring care in a protected environment, such as a bone marrow transplant unit),
- children or adolescents on long-term aspirin treatment.

If you are moderately or severely ill, you might be advised to wait until you recover before getting the vaccine. If you have a mild cold or other illness, there is usually no need to wait.

Tell your doctor if you ever had:

- a life-threatening allergic reaction after a dose of seasonal flu vaccine,
- Guillain-Barre syndrome (a severe paralytic illness also called GBS).

These may not be reasons to-avoid the vaccine, but the medical staff can help you decide.

2009 H1N1 LAIV may be given at the same time as most other vaccines. Tell your doctor if you got any other vaccines within the past month or plan to get any within the next month. H1N1 LAIV and seasonal LAIV should not be given together.

## 6. What Are the risks from 2009 H1N1 LAIV?

A vaccine, like any medicine, could cause a serious problem, such as a severe allergic reaction. But the risk of any vaccine causing serious harm, or death, is extremely small.

The risks from 2009 H1Ni LAIV are expected to be similar to those from seasonal LAIV:

### Mild problems:

Some children and adolescents 2-17 years of age have reported mild reactions, including:

- runny nose, nasal congestion or cough
- fever
- headache and muscle aches
- wheezing
- abdominal pain or occasional vomiting or diarrhea

## 6. What Are the risks from 2009 H1N1 LAIV? continued

Some adults 18-49 years of age have reported:

- runny nose or nasal congestion and/or sore throat,
- cough, chills, tiredness / weakness,
- headache.

### Severe problems:

- Life-threatening allergic reactions to vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination.
- In 1976, an earlier type of inactivated swine flu vaccine was associated with cases of Guillain-Barre Syndrome (GBS). LAN has not been linked to GBS.

## 7. What if there is a severe reaction?

### What should I look for?

Any unusual condition, such as a high fever or behavior changes. Signs of a severe allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

### What should I do?

- **Call** a doctor, or get the person to a doctor right away.
- **Tell** the doctor what happened, the date and time it happened, and when the vaccination was given.
- **Ask** your provider to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form or you can file this report through the VAERS website at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or by calling 1-800-822-7967.

*VAERS does not provide medical advice.*

## 8. Vaccine injury compensation)

If you or your child has a reaction to the vaccine, your ability to sue is limited by law.

However, a federal program has been created to help pay for the medical care and other specific expenses of certain persons who have a serious reaction to this vaccine. For more information about this program, call **1-888-275-4772** or visit the program's website at:

[www.hrsa.gov/countermeasurescomp/default.htm](http://www.hrsa.gov/countermeasurescomp/default.htm)

## 9. How can I learn more? )

- Ask your provider. They can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC).
- Call 1-800-232-4636 (1-800-CDC-INFO) or,
- Visit CDC's website at [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) or
- [www.cdc.gov/flu](http://www.cdc.gov/flu)

DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION  
Vaccine Information Statement

# 2009 H1N1

# INFLUENZA VACCINE

## **INACTIVATED**

(the “flu shot”)

## WHAT YOU NEED TO KNOW

Many Vaccine Information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis).

### **1. What is 2009 H1N1 influenza?**

2009 H1N1 influenza (also called Swine Flu) is caused by a new strain of influenza virus. It has spread to many countries.

Like other flu viruses, 2009 H1N1 spreads from person to person through coughing, sneezing, and sometimes through touching objects contaminated with the virus.

Signs of 2009 H1N1 can include:

- Fatigue
- Fever
- Sore Throat
- Muscle Aches
- Chills
- Coughing
- Sneezing

Some people also have diarrhea and vomiting.

Most people feel better within a week. But some people get pneumonia or other serious illnesses. Some people have to be hospitalized and some die.

### **2. How is 2009 H1N1 different from regular (seasonal) flu?**

Seasonal flu viruses change from year to year, but they are closely related to each other.

People who have had flu infections in the past usually have some immunity to seasonal flu viruses (their bodies have built up some ability to fight off the viruses).

The 2009 H1N1 flu virus is a new flu virus. It is very different from seasonal flu viruses.

Most people have little or no immunity to 2009 H1N1 flu (their bodies are not prepared to fight off the virus).

### **3. 2009 H1N1 Influenza Vaccine**

Vaccines are available to protect against 2009 h1N1 influenza.

- These vaccines are made just like seasonal flu vaccines.
- They are expected to be as safe and effective as seasonal flu vaccines.
- They will not prevent “influenza-like” illnesses caused by other viruses.
- They will not prevent seasonal flu. *You should also get seasonal influenza vaccine, if you want protection from seasonal flu.*

### **3. 2009 H1N1 Influenza Vaccine continued**

**Inactivated** vaccine (vaccine that has killed virus in it) is injected into the muscle, like the annual flu shot. **This sheet describes the inactivated vaccine.**

A **live, intranasal** vaccine (the nasal spray vaccine) is also available. It is described in a separate sheet.

Some inactivated 2009 H1N1 vaccine contains a preservative called thimerosal to keep it free from germs. Some people have suggested that thimerosal might be related to autism. In 2004 a group of experts at the Institute of Medicine reviewed many studies looking into this theory, and found no association between thimerosal and autism. Additional studies since then reached the same conclusion.

### **4. Who should get 2009 H1N1 Influenza Vaccine and when?**

**WHO** Groups recommended to receive 2009 H1N1 vaccine first are:

- Pregnant women
- People who live with or care for infants younger than 6 months of age
- Health care and emergency medical personnel
- Anyone from 6 months through 24 years of age
- Anyone from 25 through 64 years of age with certain chronic medical conditions or a weakened immune system

As more vaccine becomes available, these groups should also be vaccinated:

- Healthy 25 through 64 year olds
- Adults 65 years and older

The Federal government is providing this vaccine for receipt on a voluntary basis. However, state law or employers may require vaccination for certain persons.

**WHEN** Get vaccinated as soon as the vaccine is available. Children through 9 years of age should get two doses of vaccine, about a month apart. Older children and adults need only one dose.

## 5. Some people should not get the vaccine or should wait

You should not get 2009 H1N1 flu vaccine if you have a severe (**life-threatening**) allergy to **eggs**, or to **any other substance in the vaccine**. *Tell the person giving you the vaccine if you have any severe allergies.*

Also tell them if you have ever had:

- a life-threatening allergic reaction after a dose of seasonal flu vaccine,
- Guillain Barre Syndrome (a severe paralytic illness also called GBS).

These may not be reasons to avoid the vaccine, but the medical staff can help you decide.

If you are moderately or severely ill, you might be advised to wait until you recover before getting the vaccine. If you have a mild cold or other illness, there is usually no need to wait.

Pregnant or breastfeeding women can get inactivated 2009 H1N1 flu vaccine.

## 6. What Are the risks from 2009 H1N1 Influenza Vaccine?

A vaccine, like any medicine, could cause a serious problem, such as a severe allergic reaction. But the risk of any vaccine causing serious harm, or death, is extremely small.

The virus in inactivated 2009 BINI vaccine has been killed, so you cannot get influenza from the vaccine.

The risks from inactivated 2009 H1N2 vaccine are similar to those from seasonal inactivated flu vaccine:

### Mild problems:

- soreness, redness, tenderness, or swelling where the shot was given
- fainting (mainly adolescents)
- headache, muscle aches
- fever
- nausea

If these problems occur, they usually begin soon after the shot and last 1-2 days.

### Severe problems:

- Life-threatening allergic reactions to vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the shot.
- In 1976, an earlier type of swine flu vaccine was associated with cases of Guillain-Barre Syndrome (GBS). Since then, flu vaccines have not been clearly linked to GBS.

## 7. What if there is a severe reaction?

### What should I look for?

Any unusual condition, such as a high fever or behavior changes. Signs of a severe allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness.

### What should I do?

- **Call** a doctor, or get the person to a doctor right away.
- **Tell** the doctor what happened, the date and time it happened, and when the vaccination was given.
- **Ask** your provider to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form or you can file this report through the VAERS website at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or by calling 1-800-822-7967.

*VAERS does not provide medical advice.*

## 8. Vaccine injury compensation

If you or your child has a reaction to the vaccine, your ability to sue is limited by law.

However, a federal program has been created to help pay for the medical care and other specific expenses of certain persons who have a serious reaction to this vaccine. For more information about this program, call **1-888-275-4772** or visit the program's website at:

[www.hrsa.gov/countermeasurescomp/default.htm](http://www.hrsa.gov/countermeasurescomp/default.htm)

## 9. How can I learn more?

- Ask your provider. They can give you the vaccine package insert or suggest other sources of information.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC).
- Call 1-800-232-4636 (1-800-CDC-INFO) or
- Visit CDC's website at [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) or
- [www.cdc.gov/flu](http://www.cdc.gov/flu)

DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION  
Vaccine Information Statement

# What EVERYONE Needs to Know about Flu



## Signs & Symptoms of Flu:

1. Sudden onset of symptoms	4. Headache	7. Fatigue and weakness
2. Fever over 100° F in adults, and as high as 103° to 105° F in children	5. Dry cough; can become severe	8. Loss of appetite
3. Chills and sweats	6. Muscle/joint aches and pains	9. Diarrhea and vomiting

## Seasonal Flu & H1N1

## Prevention is Key! !

- Flu is a contagious respiratory illness caused by influenza viruses; H1N1 is also called "Swine" flu.
- Flu spreads easily from person to person (cough, sneeze, runny nose).
- In the US, 5% to 20% of the population gets seasonal flu.
- About 36,000 people die annually from flu-related causes in the US.
- H1N1 has caused more illness in people **younger than 25 years of age** than in older people.
- People with certain chronic conditions may be at high risk for serious flu complications and should consult their physician.
- Those infected and contagious can infect others from 1 day before getting sick to 5 to 7 days after, possibly longer in children and those with weakened immune systems.



- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use. Use the "courtesy cough" if tissues are not available - cough or sneeze into your elbow.
- Wash your hands often for 15-30 seconds with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Rub hands together until the gel is dry.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- If you or your child is sick with flu-like illness, it is recommended that you stay home for at least 24 hours after the fever is gone, except to get medical care or other necessities. Keep your child away from others as much as possible to keep from making others sick.
- Get your seasonal flu shot! Flu shots can be given to children 6 months and older; a nasal-spray vaccine can be given to healthy children 2 years and older.
- Keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures. Try to avoid close contact with sick people.
- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items might be useful and help avoid the need to make trips out in public while you are sick and contagious.
- Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first.
- H1N1 viruses are NOT spread by food. You cannot get infected with H1N1 virus from eating pork or pork products. Eating properly handled and cooked pork products is safe.
- Recreational water (water parks, spas, pools, interactive fountains) that has been treated at CDC recommended disinfectant levels does not likely pose a risk for transmission of influenza viruses.
- While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with H1N1 or seasonal flu virus have occurred.

### FOR MORE INFORMATION

[www.myfdh.org](http://www.myfdh.org) \* [www.odh.ohio.gov](http://www.odh.ohio.gov) \* [www.cdc.gov](http://www.cdc.gov) \* [www.flu.gov](http://www.flu.gov)

1-800-CDC-INFO