

Information/Suggestions for Parents

LIMIT THE SPREAD OF GERMS AND PREVENT INFECTION

There are common sense steps we can all take to prevent the spread of any respiratory virus:

- Follow physicians advice for getting your flu vaccine.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.
- Disinfect doorknobs, switches, handles, computers, telephones, bedside tables, bathroom sinks, toilets, counters, toys and other surfaces that are commonly touched around the home or workplace.
- Follow the CDC's recommendations for using a facemask.

GET YOUR HOUSEHOLD READY

There are things you can do right now to be ready for any emergency, and many of these same tips will help you prepare for any influenza situation.

- Have a supply of food staples and household supplies like laundry detergent and bathroom items, and diapers if you have small children.
- Check to make sure you have health supplies on hand.
- Know how your local public health agency will share information.
- People with elderly parents or relatives should have a plan in place for caring for them if they fall ill.

- Help family members and neighbors get prepared and share the safety messaging with those who may not have access to it.
- Have a child care contingency plan if your child is sick and cannot attend school.

According to the CDC, patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms may appear 2-14 days after exposure and include fever, cough and shortness of breath. Call your healthcare professional if you develop symptoms and have been in close contact with a person known to have the disease or if you have recently traveled from an area with widespread or ongoing community spread of the disease.