

## *Keep your Student Safe from the Flu this Season*

Tehama County Health Services Agency-Public Health Division

It's the beginning of another school year and another flu season. Flu season typically begins in October or November and can last as long as April. This year it is especially important with the Novel H1N1 (swine) flu virus circulating to prepare for flu season. The influenza virus (flu) hits school-aged children especially hard due to the confined quarters of classrooms and the frequent sharing of personal items, food, drinks, and germs.

Keep your students healthy this year by getting them both the seasonal flu shot and the H1N1 flu shot, when available. Tehama County Health Services Agency, Public Health, will be offering both flu shots to all children under the age of 18 this year. The seasonal flu vaccine is expected to be available in October followed by the H1N1 vaccine later in the Fall. Call your health care provider or Tehama County Health Services Agency, Public Health (527-6824), for details on this year's flu shots and a schedule of immunization clinics or look on the web at [www.norcalbt.com/tehama](http://www.norcalbt.com/tehama)

It is also important to keep your students healthy by encouraging and modeling good habits such as frequent hand washing with soap and warm water, using sanitizing hand gels, covering your mouth and nose when coughing and sneezing, staying away from others who are ill, and refraining from sharing personal items including food and drink. Make sure your child gets plenty of rest (at least 8-10 hours of sleep every night), eats a healthy diet full of fruits and vegetables, and exercises moderately most days.

When your children do become ill, keep them at home until they are fever free for 24 hours without the use of Tylenol or other fever reducing medications. This will decrease the spread of disease at school and keep the entire student population healthier!

### Here are the symptoms to look for in the flu:

- Sudden, often severe, onset of symptoms
- Fever over 100° F
- Headaches & body aches
- Extreme exhaustion
- Non-productive cough
- Chest discomfort
- Sore throat



The flu does not usually include stomach symptoms such as nausea, vomiting, and diarrhea. Other viruses cause these symptoms, however, and it is important to prevent the spread of these germs, too. So keep your children home from school and other activities if they are ill.

Remember to call your doctor if your child has any health conditions that may become complicated by the flu such as asthma, chronic bronchitis, etc. Also call your doctor if symptoms persist for a long period of time (1 week+), symptoms worsen, or your child begins to recover and symptoms return.

For more information on the flu/H1N1 visit the Northern California Regional website: [www.norcalbt.com/tehama](http://www.norcalbt.com/tehama) or call the CA Department of Public Health H1N1 hotline at 1-888-865-0564

*Stay healthy and disease free this flu season!*