

How can I help prevent my child from getting the flu?

1. Teach and model healthy habits at home such as:
 - Washing hands for 20 seconds (Sing the "Happy Birthday" song twice)
 - Coughing into your elbow
 - Keeping hands away from your face
 - Using hand sanitizer if hand washing is not convenient
2. Get your child a seasonal flu shot now. H1N1 flu vaccine will be available in mid to late October.
3. Clean high-touch surfaces in your home on a daily basis. Door knobs and counter tops are high-touch surfaces.
4. Practice social distancing when in crowds. This means trying to stay 3 feet away from other people. Avoid large crowds if possible.
5. Isolate any sick family members away from healthy family members as much as possible

What can I do if my child appears to have flu symptoms such as fever, cough, and sore throat?

1. Take time to closely observe your child each morning before they leave for school.
2. If your child appears ill, keep them home and call the school to report the absence.
3. Your child must be fever-free for 24 hours without fever-reducing medication such as Tylenol or Motrin in order to return to school. Do not use aspirin.
4. Contact your doctor for further instructions. There are antiviral medications available which may lessen the severity of the flu.

Where can I get more information?

- www.TexasFlu.org
- www.ImmunizeTexas.com
- [Flu Vaccine Finder](#) (Find vaccination locations in your area)
- www.flu.gov

For local seasonal flu shot availability contact the Garland Health Department at 972-205-3370, your private health provider or pharmacy.