

FactSheet

Para Su Información

2009 H1N1 Flu Child Care Recommendations

2009 H1N1 is a type of influenza (flu) virus that causes respiratory disease that can spread between people.

Most people infected with this virus in the United States have had mild disease. Young children, pregnant women and people with chronic diseases may be at higher risk for complications from this infection.

At this time, the recommendations for 2009 H1N1 flu disease prevention and control are essentially the same as for annual flu season.

- Get vaccinated against the flu.
- Stay home when sick. According to Centers for Disease Control and Prevention (CDC) recommendations, children and staff with flu-like illness should stay for at least 24 hours after their fever subsides without the use of fever-reducing medicine.
- Conduct daily health checks by observing all children and staff. Talk with parents to ensure they know the symptoms of flu-like illness.

- Separate ill children and staff until they are able to go home. Ensure parents and staff are aware of these policies in order to avoid confusion.
- Encourage frequent hand washing of both staff and children.
- Encourage staff and children to cover noses and mouths with a tissue when coughing or sneezing.
- Increase disinfection of commonly-touched and frequently used surfaces or items.
- Review and update emergency plans, especially those related to influenza or infectious disease.

For more information, go to www.cdc.gov/h1n1flu or www.SouthernNevadaHealthDistrict.org.



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