

Is there a vaccine to protect my child from H1N1 flu?

The Centers for Disease Control (CDC) recommends the vaccination efforts to focus on populations who are at higher risk of disease or complications, those who are likely to come in contact with novel H1N1, and those who could infect young infants. The CDC does not expect that there will be a shortage of novel H1N1 vaccine, but availability and demand can be unpredictable. There is some possibility that initially the vaccine will be available in limited quantities.



Once the demand for vaccine for these prioritized groups has been met at the local level,

programs and providers should begin vaccinating everyone.

Centers for Disease Control and Prevention
www.cdc.gov



Novel H1N1 Flu: A Guide for Parents

**Caldwell County
Schools**



When the novel H1N1 flu outbreak was first detected in mid-April 2009, the Center for Disease Control began work-

ing with states to collect, compile and analyze information regarding the novel H1N1 flu outbreak, including the numbers of confirmed and probable cases of disease. From April 15, 2009 to July 24, 2009, states reported a total of 43,771 confirmed and probable cases of novel influenza A (H1N1) infection. Of these cases reported, 5,011 people were hospitalized and 302 people died. On July 24, 2009, confirmed and probable case counts were discontinued.

Every year about 200,000 Americans are hospitalized and 36,000 die from the flu, so it is important for some people to be vaccinated against the flu.

**For more information,
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Should my child get vaccinated for seasonal flu?

Yes. The novel H1N1 vaccine is not intended to replace the seasonal flu vaccine. It is intended to be used alongside seasonal flu vaccine to protect people. Seasonal flu and novel H1N1 vaccines may be administered on the same day without causing harmful effects.

School nurses will be administering the seasonal flu vaccines on-site at schools for students in grades K-5 in October. A vaccination schedule for each school and consent forms signed by the parent or custodian will be sent home to parents in mid-September. If you have questions or need more information

regarding the seasonal flu vaccines in October, please contact your school nurse.



Preventing the Flu: A guide for parents

Besides the flu vaccine, are there other ways to prevent the Flu?



As simple as it sounds, washing your hands with soap and water for at least **20, yes, 20** seconds is one of the most effective

ways to keep from getting colds or the flu and giving them to others. During the flu season, you should wash your hands often and teach your children to do the same. When water isn't available use alcohol-based products made for cleansing hands.

Simple Steps Help Prevent the Spread of Colds and Flu

Here are several ways to help keep yourself—and your children—from getting a cold or flu or passing it on to others.

1. Practice Good Health Habits.

Staying healthy helps fight off disease.

- Eat a balanced diet.
- Consume a variety of foods, including vegetables, fruits, and whole grain products.
- Include low-fat dairy products, lean meats, poultry, fish and beans.
- Drink lots and lots of water and go easy on salt and sugar.
- Exercise on a regular basis to stay-or become—fit and strong.
- Get plenty of rest.



2. Limit the spread of flu virus.

Practice proper hand washing as well as cough and sneeze etiquette—and teach these habits to your family.

- Cover coughs and sneezes with tissue. Cough or sneeze into your upper sleeve— not into your hands— if you don't have a tissue.
- Wash your hands after coughing or sneezing.
- Keep your hands away from your eyes, nose, and mouth to prevent germs from entering your body.

3. Stay home if you are sick.

If you or family members are sick:

- Stay home from work or school.
- Put off errands until you are well.
- Avoid contact with others.
- Stay at least six feet away from others when you are in public.

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