

Five Tips For Keeping Kids Flu Free

Tip 1: Make sure your children get a seasonal flu vaccine and the 2009 H1N1 vaccine. This week, Secretary Sebelius announced the H1N1 vaccine will be ready in early October. But the seasonal flu vaccine is available right now! The best way to protect against the flu – seasonal or 2009 H1N1 – is to get vaccinated. Children older than 6 months are a priority group for the H1N1 vaccine, which means they will be among the first to get the vaccine when it's available. For more information about the H1N1 vaccine, visit <http://www.cdc.gov/h1n1flu/vaccination>.

Tip 2: Encourage healthy hygiene in your home. Remind your kids to wash their hands and to cover their mouths with a tissue or shirt sleeve when they cough. Also, encourage them not to share drinks or eating utensils with their friends. For more guidance on hygiene tips for flu prevention, visit www.cdc.gov/cleanhands and <http://www.cdc.gov/flu/protect/covercough.htm>.

Tip 3: Make an effort to keep your kids' play areas and toys clean. Use sanitizing wipes to wipe down toys, video games, and the computer. Visit <http://nrckids.org> for more information on cleaning in early childhood settings.

Tip 4: We've said it before, and we'll say it again - if your child has a fever or displays symptoms of the flu, including body aches, sore throat, headache or a cough, **keep your child home from school.**

Tip 5: Regularly visit www.flu.gov this flu season for the latest news about the flu and the vaccine, and for more tips to keep your family healthy this flu season.

To read the CDC's Child Care and Early Childhood Guidance, visit <http://www.flu.gov/professional/school/childguidance.html>.