

**Guidance to Parents for Reporting  
Flu to Their School  
If Your Child is Sick With Flu,  
Report It To Your School!**

**WHAT TO DO**

**If your child is sick, don't send him/her to school.** You need not wait for a doctor's diagnosis to report that your child has influenza. You should **report that your child is sick with influenza if they have a cough or a sore throat and if, when you take their body temperature using a thermometer, the reading measures 100 degrees or greater.** Additional symptoms may include fatigue, muscle aches, runny nose, chills and headache.

**WHAT TO SAY**

**If your son or daughter is sick with influenza or a flu like illness, it's important that you report the kind of illness your child has.** When you speak with your school's attendance clerk., Don't just tell the attendance clerk that your child will be absent from school. Instead say, **"My child is sick with influenza."**

**WHY IT MATTERS**

If you report influenza as the reason for your child's absence, your school can share that valuable information with Public Health Solutions District Health Department, your local health department. This gives them a clearer view of how influenza is emerging in the community. It helps them decide what action to take to slow the spread of influenza in our five counties.

We take influenza seriously — and you should, too — because it can lead to serious illness, and even deaths. In fact, the Centers for Disease Control and Prevention (CDC) reports that, in the U.S., seasonal influenza causes more than 200,000 hospitalizations annually and about 36,000 deaths.

**NEXT STEPS**

While flu symptoms can be mild, call your physician if your child becomes very ill, the child or a family member is a young child, pregnant, has a chronic disease, or is immune compromised .

Don't send your child back to school until your child is well and is without fever for 24 hours.

**BE PREPARED.....**

**When your child is sick  
AND  
YOU HAVE TO MAKE  
THE DECISION  
WHETHER OR NOT  
TO KEEP HIM OR HER  
HOME FROM SCHOOL.**

**Tips for  
Parents**



Public Health Solutions District Health Department

Serving Saline, Jefferson, Fillmore, Thayer and Gage  
Counties  
402 826 3880  
[www.phsneb.org](http://www.phsneb.org)

## HOW TO: Stay well & STOP GERMS

- **Cover your mouth and nose with a tissue** when coughing or sneezing and always throw



away tissues after using them.

- **Wash your hands often** with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

- **Avoid touching your eyes, nose or mouth.**

Germs spread this way.

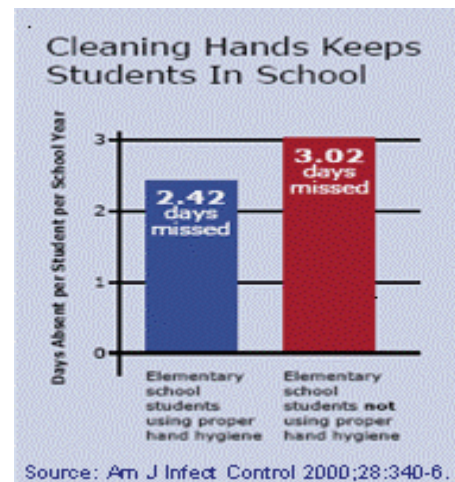
- **Get plenty of rest, exercise; drink enough water and eat nutritious foods.**
- **Avoid close contact with sick people.**
- **Stay at home if you are sick, avoid others.**
- **Sanitize** public surfaces; keyboards, door-knobs, light switches, etc.

**Don't go to work or school if you are sick. Stay home until you feel better and don't have a fever for 24 hours.**

According to State law

**"Children showing any signs or symptoms of a contagious or infectious disease are required by law to be sent to their homes immediately, or as soon as safe and proper conveyance can be found."**

1. Fever
2. Headache
3. Aches in muscles or joints,
4. Unexplained tiredness
5. Loss of appetite
6. Stomach ache
7. Nausea or vomiting
8. Diarrhea
9. Sore throat
10. Nasal congestion
11. Sore or inflamed eyes"



## GET IMMUNIZED!!

Immunizations for both seasonal flu and H1N1 flu, are among the best defenses against illness. Seasonal flu immunizations will be offered to your children at a number of locations, including some schools during October. Soon thereafter, vaccine for H1N1 should become available.

Several priority groups including school children have been identified to get the H1N1 vaccine first. When it becomes available this will be offered to you. As with any immunization, information will be provided to parents about this vaccine and parents would need to sign an authorization form to permit the child to be immunized.

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Protecting and Promoting the Health  
Gage, Jefferson, Saline, Thayer, and Fillmore  
Counties  
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