

H1N1 Influenza A -- If you or your child gets the flu, you should get plenty of rest, increase your fluids, and avoid crowds. Aspirin is never recommended to treat flu symptoms in children. The Center for Disease Control emphasizes personal responsibility (cover your cough, stay home if you are sick) to limit the transmission of the virus. As parents, please encourage your child to follow the preventative measures below to protect themselves and decrease the possibility of spreading the illness to others:

- Cover your mouth and nose when you cough.
- Wash hands immediately after coughing and frequently throughout the day.
- Avoid touching your eyes, nose, or mouth.
- Avoid close contact with people who are sick.
- Stay at home when you are sick.

If your child gets the flu, or is sick, please keep them home. This will allow your child time to rest and prevent transmission to others. Children should not return to school until they have been without a fever (less than 99 degrees) for 24 hours without the use of medication and have not vomited or had diarrhea for 24 hours.

Please visit the Virginia Department of Education web site for information from the about H1N1 Influenza A & Virginia Public Schools:

http://www.doe.virginia.gov/support/health_medical/influenza/index.shtml