

Swine Flu Facts

Precautions to help keep our
children safe.

Swine Flu Facts:

- Keep your child home from school if they are sick, and contact a health physician if the child exhibits flu-like symptoms.
- Instruct children to cover their mouth and nose with a tissue when coughing or sneezing. It may prevent those around your child from getting sick.

Swine Flu Facts

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Wash hands frequently to protect against germs. Wash with soap and water, or clean with alcohol-based hand cleaner.

Swine Flu Facts:

- Avoid touching eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- Practice other good health habits. Keep yourself strong – and more resistant to disease – by getting plenty of sleep, staying physically active, managing stress, drinking plenty of fluids and eating nutritious food.

Flu Information:

- For additional information, please visit:
 - <http://www.cdc.gov/swineflu/>
 - <http://pandemic.wisconsin.gov/>
 - <http://www.who.int/csr/disease/swineflu/en/index.html>