



**Diocese of Davenport**

## **FLU FACTS: A GUIDE FOR PARENTS**

The Scott County Health Department is currently making plans for the fall flu season, and the return of both the new H1N1 Flu and the regular seasonal viruses. It is important to raise awareness now, as the new school year is about to begin, because prevention is the best medicine.

**NOTE: When calling in sick for your children, the school nurse will be asking for two symptoms. This is important information the Health Department needs to understand the spread of disease in our schools and the community.**

### *H1N1 Flu Tips*

The H1N1 Flu virus appears to be spread from one person to another just like the seasonal flu. This virus is spread by germs from coughing and sneezing or germs on your hands. As with seasonal flu, individuals and families can do several simple things to prevent infection and stop the spread of disease:



Wash your hands often with soap and warm water. Use hand sanitizer when soap and water are not available.



Cover your mouth and nose with a tissue when coughing or sneezing. If you have no tissue handy, cough or sneeze into your upper sleeve.



Avoid close contact with people who are sick. Stay home from work, school, and errands when you are sick (for example avoid church, malls, restaurants)



The single best way to prevent the flu is to get a seasonal flu shot. Seasonal flu vaccine will not protect against H1N1 Flu. The H1N1 Flu vaccine will be given as a separate shot when it becomes available.

*H1N1 Flu Vaccine is currently being developed and still needs to be tested. If a H1N1 Flu Vaccine is ready...*

- It may be available in mid-October to late fall
- It may require a 2 shot series in addition to your regular flu shot
- The new H1N1 vaccine will be FREE

For more information about H1N1 Flu, contact the Scott County Health Department at (563) 326-8618, or visit our website [www.scottcountyiowa.com/health](http://www.scottcountyiowa.com/health).