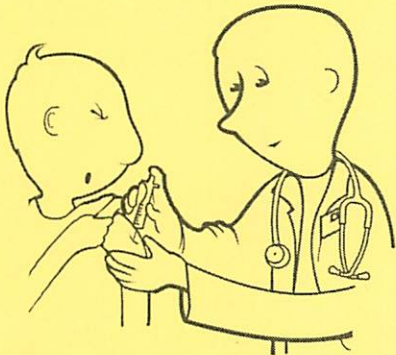


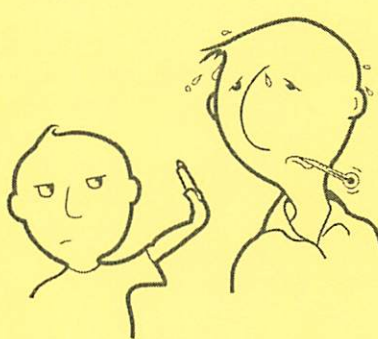
INFLUENZA (FLU) Talking to Children About Flu

Advice for Parents on Talking to Children About the Flu

Focus on what your child can do to fight the flu and to not spread flu to others:



Have your child get a flu vaccine. The flu shot may pinch, but it will help protect them from getting sick later. A flu vaccine given as a nasal spray may also be available.



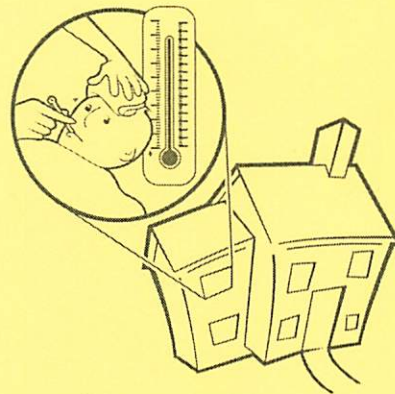
Encourage them to try to stay away from people who are sick.



Encourage them to cough and sneeze into a tissue when they are sick. Throw the tissue in the trash right away. If they do not have a tissue, they should cover their mouth and nose with their arm.



Encourage them to wash hands often with soap and warm water for 15-20 seconds. Set a good example by doing this yourself.



Encourage them to stay home from work and school if they are sick, and stay away from people until they are better.



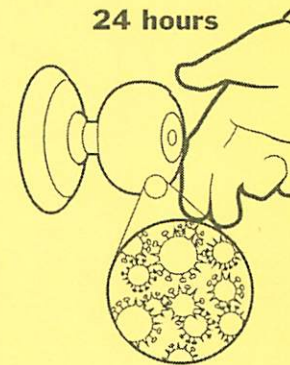
U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

INFLUENZA (FLU) Cleaning to Prevent the Flu

Cleaning to Prevent the Flu

How long can the flu virus live on objects, such as doorknobs and tables?

The flu virus can “live” on some surfaces for up to 24 hours. Routine cleaning of surfaces may reduce the spread of flu.

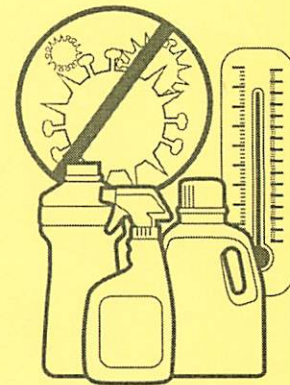


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What kills flu viruses?

Flu viruses are killed by heat above 167° F [75° C]. Common household cleaning products can also kill the flu virus, including products containing:

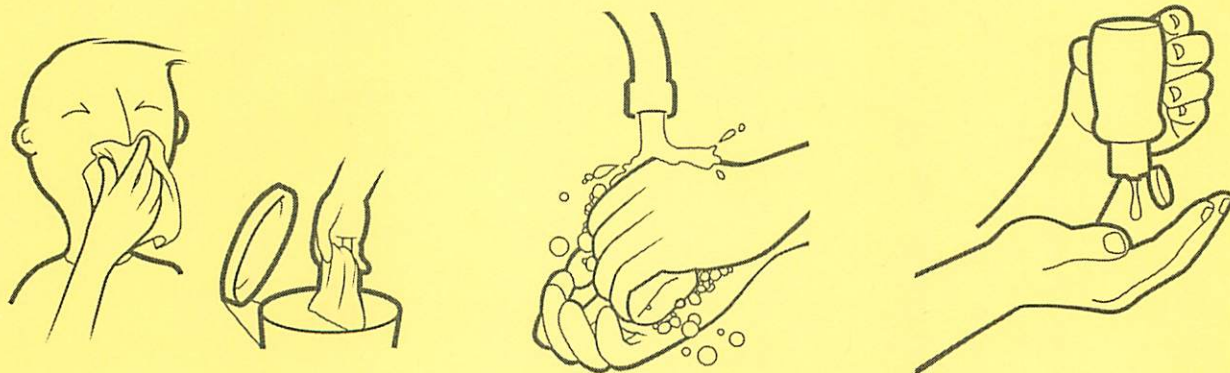
- chlorine
- hydrogen peroxide
- detergents (soap)
- iodophors (iodine-based antiseptics)
- alcohols



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How should a caregiver handle a sick person's tissues or other items?

Make sure to wash your hands after touching the sick person. Also wash after handling their tissues or laundry.



For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to www.cdc.gov/flu.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention