

## **Tips for Parents**

### **Plan for an extended stay at home during a flu pandemic:**

- Ask your employer about how business will continue during a pandemic.
- Ask your employer if you can work from home during a flu pandemic.
- If you are unable to work or your place of employment is closed, plan for a possible reduction or loss of income.
- Check with your employer or union about leave policies.
- Plan home learning activities and exercises. Have materials such as books on hand.
- Plan recreational activities that your children can do at home.

### **If someone in your home develops flu symptoms (fever, cough, muscle aches):**

- Encourage plenty of fluids to drink.
- Keep the ill person as comfortable as possible. Rest is important.
- For adults with fever, sore throat and muscle aches, use ibuprofen (Motrin) or acetaminophen (Tylenol).
- Do not use aspirin in children or teenagers; it can cause Reye's syndrome.
- Sponging with tepid water lowers fever only during the period of sponging.
- Do not sponge with alcohol.
- Keep tissues and a trash bag for their disposal within reach of the patient.
- All members of the household should wash their hands frequently.
- Keep other family members and visitors away from the person who is ill.
- If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.
- Contact a healthcare provider for further advice

Please contact your local public health department for more information.