

# H1N1 Flu Virus Information

## How do I know when I should keep my child home from school or daycare?

Does your child have a fever (100° F or 37. 7°C)? If you don't have a thermometer, feel your child's skin with your hand. If it is much warmer than usual your child probably has a fever.

Does your child have a sore throat, cough, body aches, vomiting, or diarrhea?

If you answered "yes" to either question, your child could have the flu. Keep your child home from school for at least 24 hours after his or her temperature returns to normal without the use of fever reducing drugs such as acetaminophen or ibuprofen. If your child never had a fever, you should keep your child home for 24 hours after symptoms have stopped.

## When will the H1N1 (swine flu) vaccine be available?

- The federal government has contracted with several vaccine companies to manufacture enough H1N1 flu vaccine to immunize every American.
- If you are at risk for severe influenza and are also in a group at risk for pneumococcal pneumonia, ask your health care provider about pneumococcal vaccine to prevent the complications of flu.
- We expect delivery of the first large amount of vaccine in the middle of October. Vaccine will probably be available at pharmacies, doctors' offices and other selected locations. The vaccine will not be available at school. A good resource to check is the Benton Franklin Health Department website at <http://www.bfhd.wa.gov/flu>.

## Who will be able to get vaccinated?

Although vaccine manufacturers are making enough vaccine for everyone in the United States, at first there may not be enough vaccine for everyone so the Centers for Disease Control and Prevention has suggested that the following groups be among the first to get vaccine:

- Pregnant women.
- Caregivers and household contacts for children younger than six months of age.
- Health care and emergency services workers.
- Everyone from six months to 24 years of age.
- Those from 25 to 64 years of age with health conditions that put them at higher risk of complications from the flu.

## Should I get vaccinated against the seasonal flu?

Although no vaccine is mandatory, public health officials recommend that everyone who is eligible to receive the seasonal flu vaccine should get it every year. The seasonal flu vaccination will not protect you from the H1N1 flu.

If you are eligible to receive H1N1 flu vaccine when it is available, you should get that vaccine as well. You may be able to receive both vaccines at the same time, though the seasonal flu vaccine will be available sooner than the H1N1 vaccine.