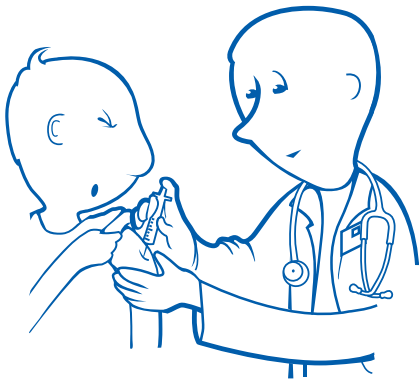


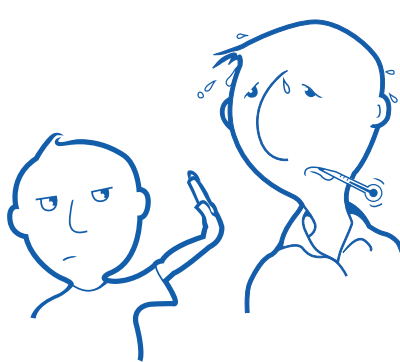
INFLUENZA (FLU) Talking to Children About Flu

Advice for Parents on Talking to Children About the Flu

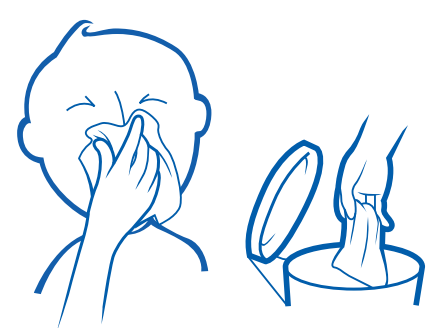
Focus on what your child can do to fight the flu and to not spread flu to others:



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.



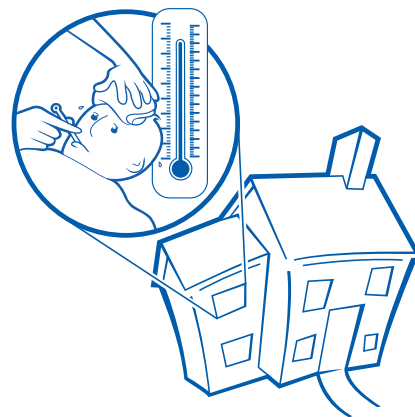
Encourage them to try to stay away from people who are sick.



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.

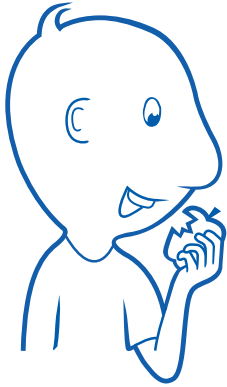


Encourage them to stay home from work and school if they are sick, and stay away from people until they are better.

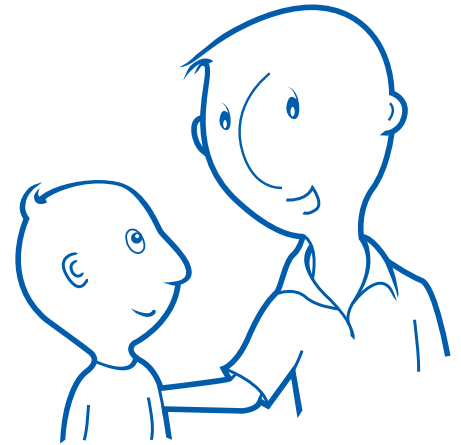


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Encourage healthy habits: eating healthy foods, getting enough sleep, and getting exercise.



Use their questions as a chance to tell them how to avoid the flu and how to not spread flu and other germs.



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