

Flu Season Tips for Parents

Protect your child from the flu:

- Practice good hygiene
 - Wash hands frequently
 - Use hand sanitizer
- Cover mouth and nose while sneezing and coughing
- Stay home if sick

If your child must stay home sick or school is dismissed:

- Arrange childcare
- Have activities prepared
 - Books
 - Games
- Reduce exposure to other household members
 - Limit contact of sick child to healthy household members
- If school is dismissed, stay informed
 - Monitor school website
 - Watch local news

If your child's symptoms worsen:

- Seek medical attention
- Keep child home from school until condition improves
- Notify school of child's absence

For more information visit:

- Visit www.flu.gov
- Call 311 for updated information related to San Francisco.

Stay healthy this flu season!