

# PARENT HEALTH BULLETIN



Pinellas County Health Department

## H1N1 (Swine) Flu

**P**arents know how hard it can be for children to understand stressful situations, such as the current situation of H1N1 (Swine) flu. Stressful situations often cause children to worry and have many questions. If you cope with a stressful situation well, your children will also cope better. Answering questions with confidence and a calm attitude will help your children ease their worries and feel safe and secure.



### Helpful Tips:

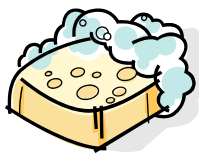
- \* Keep activities as typical as possible even if your normal routine changes.
- \* Ask your children what they have heard about H1N1 (Swine) flu.
- \* Allow your children to ask questions, express their feelings and concerns. Let them know it is okay to be afraid or upset.
- \* Children always need to feel safe and loved. When they are uncertain about situations and afraid they may need even more affection and attention.
- \* If your children are watching T.V. try to watch with them or make sure you are available to answer questions about what they have heard.
- \* Encourage healthy behaviors, such as eating well, sleeping well and playing outside.
- \* When the H1N1 (Swine) vaccine becomes available, vaccinate your child!



### What your child *can do* to avoid getting H1N1 (Swine) flu:

- \* Stay away from sick people until they are better and stay home from school if sick.
  - \* Wash hands frequently with soap and water for at least 20 seconds.
  - \* Always cough and sneeze into a tissue or into their sleeve.
  - \* Avoid touching their eyes, nose or mouth. Germs spread that way.
- Parents: Be sure to set a good example by practicing these things yourself.





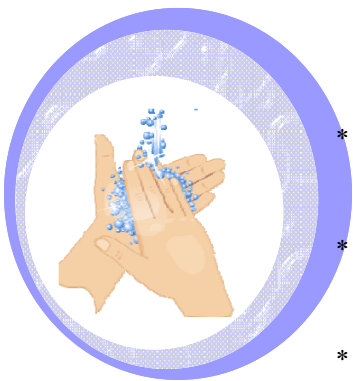
# Clean Hands Can Make the Difference!



Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.

It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.

## When washing hands with soap and water:



- \* Wet your hands with clean running water and apply soap. Use warm water if it is available.
- \* Rub hands together to make a lather and scrub all surfaces.
- \* Continue rubbing hands for 20 seconds.
- \* Rinse hands well under running water.
- \* Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.



## When should you wash your hands?

- \* Before preparing or eating food.
- \* After going to the bathroom.
- \* After changing diapers or cleaning up a child who has gone to the bathroom.
- \* Before and after tending to someone who is sick.
- \* After blowing your nose, coughing, or sneezing.
- \* After handling an animal or animal waste.
- \* After handling garbage.

**Hand Washing:**  
How long is 20 seconds?

Need a timer?

Imagine singing **"Happy Birthday"** twice to a friend!



## Remember:

If soap and water are not available, use alcohol-based gel to clean hands.

- \* Apply product to the palm of one hand
- \* Rub hands together
- \* Rub the product over all surfaces of hands and fingers until hands are dry.

