
Recommendations from the Centers for Disease Control

Actions for Parents to Protect Your Child & Family from the Flu this School Year

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

1. **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
2. **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. **Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.
4. **Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.

If flu conditions become **MORE** severe, parents should consider the following steps:

- **Extend the time sick children stay home** for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have completely gone away.
- **If a household member is sick, keep any school-aged brothers or sisters home for 5 days** from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.

Follow these steps to prepare for the flu during the 2009-2010 school year:

- Plan for child care at home if your child gets sick or their school is dismissed.
- Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.
- Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.
- Identify a separate room in the house for the care of sick family members.
- Update emergency contact lists.
- Collect games, books, DVDs and other items to keep your family entertained if schools are dismissed or your child is sick and must stay home.

Talk to your school administrators about their pandemic or emergency plan.

For more information:

- Visit: www.flu.gov
- Contact CDC 24 Hours/Every Day

1-800-CDC-INFO (232-4636)

TTY: (888)232-6348

cdcinfo@cdc.gov



See reverse side for Flu Vaccine Clinic Schedule



DEPARTMENT OF ENVIRONMENTAL
AND PUBLIC HEALTH SERVICES
Sussex County Administrative Center
One Spring Street
Newton, New Jersey 07860
Telephone: (973) 579-0370
FAX: (973) 579-0399

HERBERT J YARDLEY, M.A., R.E.H.S.
Administrator/Health Officer

County of Sussex

FOR IMMEDIATE RELEASE

CONTACT: Herbert J. Yardley, M.A., R.E.H.S.
Administrator/Health Officer
Department of Environmental and Public Health Services
973-579-0370, Ext. 1245

FLU VACCINE, PNEUMOCOCCAL VACCINE, TETANUS VACCINE CLINIC SCHEDULE

- WHO:** The Sussex County Department of Environmental and Public Health Services, Office of Public Health Nursing is sponsoring a Flu Clinic.
- WHAT:** Clinic Schedule for Fall 2009
- WHERE:** Multiple locations in Sussex County
- PRICE:** Fees: Cash Payment Preferred
- 65 years old and older:
- Flu Vaccine and Pneumococcal Vaccine is FREE to anyone aged 65 and older. Must bring Medicare or Medicaid Card
 - Tetanus Vaccine: \$20 (must be 10 years since your last Tetanus Vaccine)
- Under 65 years old:
- Flu Vaccine: \$15 and Pneumococcal Vaccine: \$35
 - Tetanus Vaccine: \$20 (must be 10 years since your last Tetanus Vaccine)

September 16 (Wednesday) 1pm-4pm Sparta Senior Center 39 Trapasso Drive, Sparta, NJ	September 22 (Tuesday) 3pm-6pm Sussex Borough Fire House 25 Loomis Avenue, Sussex, NJ	September 24 (Thursday) 9am-12noon Andover Senior Center Tranquility Road, Andover Borough, NJ
September 26 (Saturday) 8am-11am Public Safety Training Academy (Across from SC Library) 114 Morris Turnpike, Frankford Township, NJ	September 28 (Monday) 3pm-6pm Sandyston Township Municipal Building 133 Route 645, Sandyston, NJ	October 5 (Monday) 5pm -8pm Sparta Middle School 350 Main Street, Sparta, NJ
October 7 (Wednesday) 10am-12noon Montague Township Municipal Building 277 Clove Road, Montague, NJ	October 9 (Friday) 9am-12noon Sen. Robert E. Littell Community Center 10-12 Munsonhurst Road, Franklin, NJ	October 13 (Tuesday) 3pm-6pm Stanhope Presbyterian Church 100 Main Street, Stanhope, NJ
October 16 (Friday) 9am-12noon Clove Hill Manor 1 Fairchild Lane, Wantage, NJ	October 19 (Monday) 3pm-6pm El Refugio /Christ Episcopal Church-Community Center 62 Main Street, Newton, NJ	October 20 (Tuesday) 9am-12noon Byram Township Municipal Building 10 Mansfield Drive, Stanhope, NJ
October 22 (Thursday) 3pm-6pm Fredon Firehouse (Fredon Township) 436 Route 94, Newton, NJ	October 24 (Saturday) 9am-12noon Vernon Senior Center, Mun. Bldg. and 21 Church Street, Vernon, NJ 1pm - 4pm	November 4 (Wednesday) 4pm-7pm Hampton Senior Center, (Hampton Township) 1 Rumsey Way, Newton, NJ
November 10 (Tuesday) 3pm-6pm Sen. Robert E. Littell Community Center 10-12 Munsonhurst Road, Franklin, NJ	November 12 (Thursday) 3pm-7pm Hopatcong Civic Center, 32 Lakeside Blvd., Hopatcong, NJ	

REGISTRATION IS REQUIRED**NO WALK-INS**

**YOU MUST CALL FOR AN APPOINTMENT or
REGISTER ON-LINE at www.sussex.nj.us**

Clinic is available to residents who live in SUSSEX COUNTY

For more information, contact Sussex County Department of Environmental and Public Health Services, PUBLIC HEALTH NURSING,
(973) 579-0570 or visit www.sussex.nj.us.

County of Sussex is an Equal Opportunity Employer