Tips for Parents

Plan for an extended stay at home during a flu pandemic:
• Ask your employer about how business will continue during a pandemic.
• Ask your employer if you can work from home during a flu pandemic.
• If you are unable to work or your place of employment is closed, plan for a possible reduction or loss of income.
• Check with your employer or union about leave policies.
• Plan home learning activities and exercises. Have materials such as books on hand.
• Plan recreational activities that your children can do at home.

If someone in your home develops flu symptoms (fever, cough, muscle aches):
➢ Encourage plenty of fluids to drink.
➢ Keep the ill person as comfortable as possible. Rest is important.
➢ For adults with fever, sore throat and muscle aches, use ibuprofen (Motrin) or acetaminophen (Tylenol).
➢ Do not use aspirin in children or teenagers; it can cause Reye’s syndrome.
➢ Sponging with tepid water lowers fever only during the period of sponging.
➢ Do not sponge with alcohol.
➢ Keep tissues and a trash bag for their disposal within reach of the patient.
➢ All members of the household should wash their hands frequently.
➢ Keep other family members and visitors away from the person who is ill.
➢ If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.
➢ Contact a healthcare provider for further advice.

Please contact your local public health department for more information.