

# Protect your child from the flu this season.

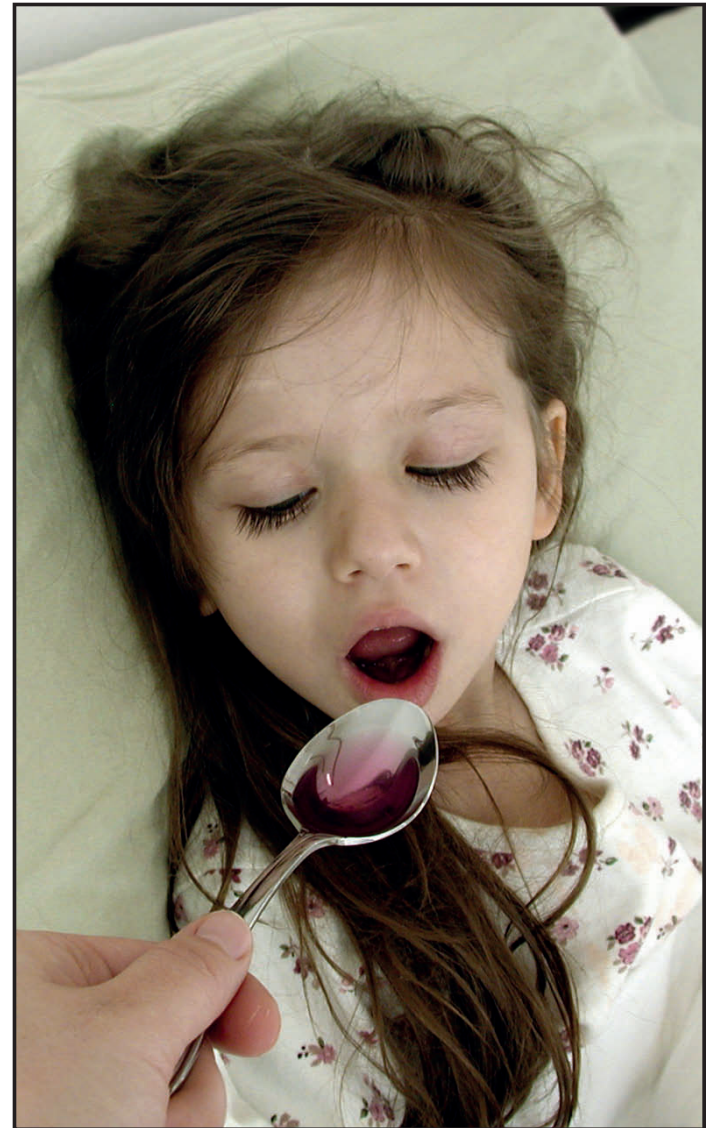
When flu is circulating in our community, school-aged children are particularly affected.

Symptoms of flu include fever with cough or sore throat, and sometimes vomiting or diarrhea.

Flu spreads easily and can cause outbreaks in our schools.

Vaccination is the best way to protect your child from the virus. Teaching them simple precautions will protect them from the flu.

Keeping your child at home while they're sick and notifying their school if they have the flu will help health officials determine if an outbreak is occurring. Sick students should not return to school until free of symptoms for at least 24 hours.



## WHAT PARENTS CAN DO

- Check your child every morning for signs of illness.
- If your child has flu-like symptoms keep your child at home.
- Notify school officials with the reason for your child's absence the same day your child misses school.
- Have your family vaccinated for the flu every year.

## WHAT CHILDREN CAN DO

- Wash your hands thoroughly and frequently with soap and water.
  - Wash your hands before and after touching your eyes, nose and mouth.
  - Use your elbow to shield your cough or sneeze.
  - Don't share personal items such as toothbrushes, drinking glasses or towels.
- ▶ Log onto [dallascounty.org](http://dallascounty.org) for updated information and recommendations.



**DCHHS**  
*Safe families, healthy lives.*

Dallas County Health and Human Services  
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