



## Instructions for parents to protect their children and family from flu

### Tips for keeping children from getting sick with the flu:

- Teach children the following steps to help them avoid getting sick with flu:
  - **Wash your hands** often with soap and water, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand gel containing at least 60% alcohol
  - **Cover your nose and mouth** with a tissue when you cough or sneeze and throw the tissue in the trash after using it. Using your elbow is better than sneezing into the air if you did not find tissue
  - **Avoid touching your eyes, nose or mouth;** germs spread this way
- **Try to keep your child away from people who are sick.**
- **Clean surfaces regularly.**
- **Identify if you have children who are at higher risk of moderate to severe 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. These include respiratory disease, notably asthma, cardiovascular disease, diabetes and immunosuppression.
- If they are sick, keep your child at home for 7 days and until at least 24 hours after there is no longer a fever or signs of fever without the use of medication (Note: you should also stay at home for 7 days if you are sick).



مجلس أبوظبي للتعليم  
Abu Dhabi Education Council



Health Authority – Abu Dhabi  
Reliable Excellence in Health Care

- To help ensure continuity in their education, you should consider how you can support **home learning activities** if the school makes them available. Have school materials, such as text books, workbooks, and homework packets available at home.
- Have **activities** for your children to do while at home. Pull together games, books, DVDs and other items to keep your family entertained.
- If you hear that there are suspected cases in your children's school, please follow your school's instructions.

For updates and  
information on H1N1 call  
the National H1N1 hotline  
number (800 358)  
or visit HAAD's website  
([www.haad.ae/h1n1](http://www.haad.ae/h1n1))