



Public Health
Prevent. Promote. Protect.

Dayton & Montgomery County

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September 21, 2009

Guidance for Parents with School-Age Children

Public Health – Dayton & Montgomery County is providing you and your family with the following current and relevant information regarding the upcoming flu season. It is our hope that you share this information and encourage others to follow this guidance to prevent the spread of both seasonal flu and the new H1N1 flu.

As you may know, seasonal flu and H1N1 flu can be spread easily from person to person. Both types of flu cause similar symptoms and generally the same severity of illness. The H1N1 flu has been spreading in Montgomery County since this past spring, and will continue to spread person to person during this flu season along with seasonal flu. Children are especially susceptible, and we expect a steady increase in the number of children in school districts throughout Montgomery County who contract seasonal flu and/or H1N1 flu in the coming months.

We are working with your school officials to prevent the spread of flu at your school for as long as possible, but we need your help to be successful.

Here are a few things you can do to help that apply to you and your children:

- **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth.
- **Know the symptoms of the flu.** Common symptoms include headaches, fever, chills, muscle aches, and dry cough. Vomiting, abdominal pain, and diarrhea are also sometimes present.
- **Stay home if you have flu or flu-like illness for at least 24 hours after you no longer have a fever or signs of a fever.** This should be determined without the use of fever-reducing medications, such as ibuprofen or acetaminophen.

- **Have your children vaccinated for both seasonal flu and H1N1 flu.** Talk with your health care providers about whether you should be vaccinated for seasonal flu. Also, if you are at a higher risk for flu complications from H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available.

We sincerely hope that you find this information useful and that your children have a healthy school year. For more information about flu in our community, visit our website at www.phdmc.org or call the Public Health flu hotline at 224-8796 Monday through Friday from 8:00 AM to 4:00 PM. After 4:00 PM, please call the Centers for Disease Control and Prevention's 24-hour information line listed below.

800-CDC-INFO
(800-232-4636)
TTY: (888) 232-6348

Warm Regards,

James W. Gross, M.P.H.
Health Commissioner

Tom Herchline, M.D.
Medical Director