

Get the *Facts* – Protect *Your Family*. Protect *Yourself*.

H1N1/Swine Flu – *Vaccination is the best prevention.*

Children are at increased risk for H1N1/Swine Flu. Children under five and especially those under two are at increased risk for H1N1/Swine Flu complications. Having your children vaccinated will protect them from this risk.

To help prevent H1N1/Swine Flu and other contagious diseases, teach your children daily preventative measures.

- **Wash their hands** frequently with soap and warm water for at least 20 seconds (this can be measured by singing the “Happy Birthday” song twice.) If soap and water are not available, teach them to use alcohol-based hand sanitizer.
- **Cough and sneeze into a tissue** (dispose of tissue immediately), or into their elbows or shoulders if tissues aren’t available.
- **Avoid touching their mouth, eyes and nose.** These are places where germs enter the body.

Children who are sick should be kept home until they have been fever-free, and free of fever-reducing medications for at least 24 hours. (**Remember to never give aspirin to children or teenagers who have a fever.**)



For more information on protecting your child visit
www.wvflu.org



Joe Manchin III, Governor
State of West Virginia

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