



Seasonal Flu Tip Sheet for Families

This year's flu season is expected to be more severe than previous seasons. Children and seniors are among the groups at highest risk for serious flu complications.

Take safety measures to help prevent the spread of germs at home. These simple guidelines can better protect the safety and health of families:

- Get yourself and your loved ones vaccinated against the flu. Children from 6 months to 24 years old should receive a seasonal flu vaccine annually.
- Encourage children to wash their hands frequently with soap and water, especially after coughing or sneezing. If soap and water is not available, use an alcohol-based hand sanitizer.
- Follow local public health department advice regarding school closures, crowd avoidance and other “social distancing” measures based on illness in specific communities.
- If your child has the flu, inform the school and keep the child at home for seven days after symptoms begin or until he or she is symptom-free for 24 hours.
- If you do not have a family emergency plan, create one. A plan should include storing a supply of extra food, medications, facemasks and other essential supplies.

Visit the Centers for Disease Control and Prevention's [Website](#) for more information.