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Making Life Better

#### WASH UP

Information about caring for sick persons can be found by visiting the CDC website at: [http://cdc.gov/h1n1flu/guidance\\_homecare.htm](http://cdc.gov/h1n1flu/guidance_homecare.htm)

#### STOCK UP

Making a preparedness kit starts at home. Visit [www.ready.gov](http://www.ready.gov) to learn more.

#### LISTEN UP

Stay informed with the latest information by watching local news updates.

For more information please visit:

Portage County Health Department Website  
[www.co.portage.oh.us/healthdepartment.htm](http://www.co.portage.oh.us/healthdepartment.htm)

Centers for Disease Control and Prevention Website

[www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)

1-800-cdc-info

# Portage County Health Department

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## Seasonal and H<sub>1</sub>N<sub>1</sub> Flu Tips: What Parents and Guardians Should Know

When H<sub>1</sub>N<sub>1</sub> vaccine becomes available, school-age children may be a priority population to get the vaccine. Your school is working with the Portage County Health Department to discuss the best way to administer the vaccine, process paperwork, and ensure the safety of your children.

Until the vaccine is available, the Portage County Health Department and your School District want every family to:

- **Make a preparedness kit**
- **Learn how to care for sick family members at home**
- **Practice the 3 C's**
  - **CLEAN:** Wash hands well and often. Use soap and water to make a lather, scrubbing for 20 seconds. A helpful hint is to sing Happy Birthday twice. In public bathrooms, use paper towels to turn faucets on and off, as well as to open doors.
  - **COVER:** Coughs and sneezes should be covered with a tissue or the upper arm. Throw tissues away and wash hands or use hand sanitizer.
  - **CONTAIN:** Stay home if you are sick. Be extra careful if you are taking care of a sick person. Keep surfaces disinfected, throw away tissues, and wash hands often.
- For more information please visit:  
[www.co.portage.oh.us/healthdepartment.htm](http://www.co.portage.oh.us/healthdepartment.htm)