

How to protect your children



Pandemic (H1N1) 2009



Make sure your children wash their hands with soap and water frequently and dry their hands properly



Ask your children to cover their mouth and nose with their upper sleeve, a disposable tissue or a clean handkerchief when they cough or sneeze



Watch out for the main influenza symptoms: high temperature (above 38°C), runny nose, cough, headache, muscle and joint pain



Children with mild influenza symptoms who do not have a chronic medical condition should be kept at home, and should rest until they have fully recovered



If your child is below 5 years old and has influenza symptoms, seek medical attention immediately



If your child is more than 5 years old, has a high temperature (above 38°C) and other respiratory symptoms persisting beyond 3 days of taking an anti-fever medicine, seek medical attention immediately



If your child has a chronic medical condition and suddenly develops signs and symptoms of influenza, seek medical attention immediately



Sick children who are being treated at home should be kept separate from other members of the household



Do not give any antiviral or antibiotic or medicines containing aspirin to children without **proper medical advice**



Educate children to avoid sharing drinking cups, towels, etc and to avoid touching their eyes, nose or mouth with unwashed hands



Ask your children to avoid going to crowded places during this time and not to hug or kiss when greeting

The vast majority of people infected with pandemic (H1N1) 2009 get better with no medical intervention