

**The Center for Disease Control and Prevention recommends the following ways to protect you and your family from the flu:**

- **Get your child vaccinated for the seasonal flu and the H1N1 flu when the vaccine becomes available. The Uxbridge Board of Health has ordered H1N1 vaccine and plan on providing clinics to Uxbridge residents when it becomes available.**
- **Your child should stay home for at least 24 hours after there is no longer a fever (100 degrees or signs of a fever such as chills, flushed or sweating and without the use of fever-reducing medication). Keeping your child at home with a fever may reduce the number of people who get infected, since an elevated temperature is associated with increased shedding of the influenza virus.**
- **Teach your family to practice good hand hygiene often with soap and water, especially after coughing or sneezing. When soap and water is not available, use an alcohol-based hand sanitizer.**
- **Avoid touching your eyes, nose or mouth.**
- **Cover your mouth when coughing or sneezing with a tissue or use your elbow. Wash your hands immediately after.**
- **Plan for childcare at home if your child gets sick**
- **Update emergency contact lists. Make sure someone on your list is always readily available to dismiss your child.**
- **If you feel ill stay home from work and keep sick children home from school.**

**For more information visit [www.flu.gov](http://www.flu.gov)**