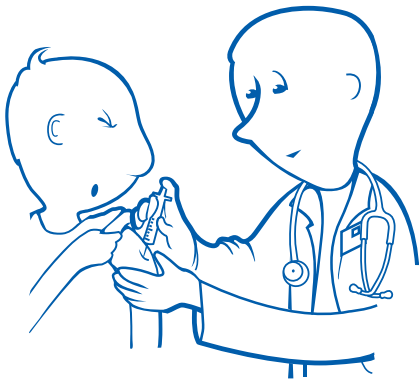


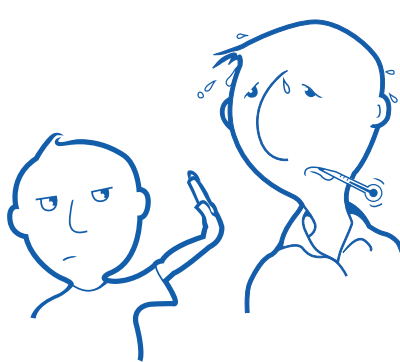
# INFLUENZA (FLU) Talking to Children About Flu

## Advice for Parents on Talking to Children About the Flu

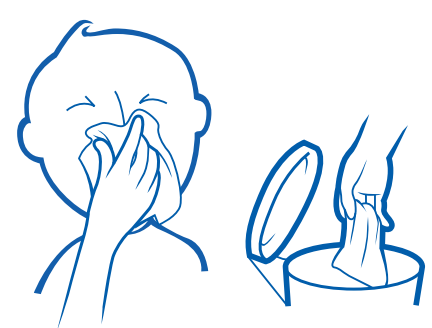
Focus on what your child can do to fight the flu and to not spread flu to others:



Have your child get a flu vaccine. The flu shot may pinch, but it will help protect them from getting sick later. A flu vaccine given as a nasal spray may also be available.



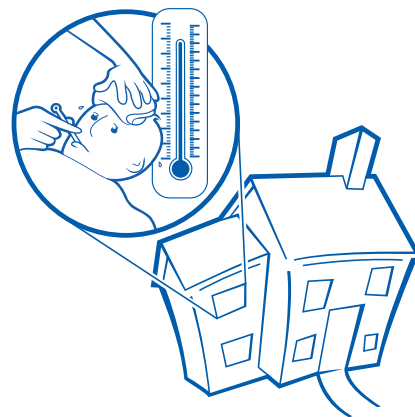
Encourage them to try to stay away from people who are sick.



Encourage them to cough and sneeze into a tissue when they are sick. Throw the tissue in the trash right away. If they do not have a tissue, they should cover their mouth and nose with their arm.



Encourage them to wash hands often with soap and warm water for 15-20 seconds. Set a good example by doing this yourself.

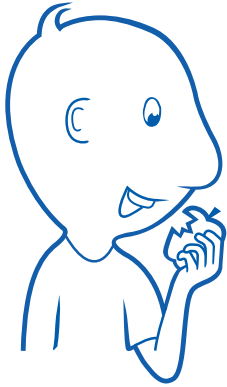


Encourage them to stay home from work and school if they are sick, and stay away from people until they are better.

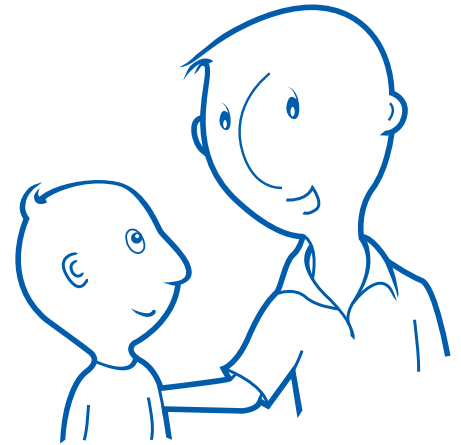


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Encourage healthy habits: eating healthy foods, getting enough sleep, and getting exercise.



Use their questions as a chance to tell them how to avoid the flu and how to not spread flu and other germs.



For more information call CDC info at 1-800-CDC-INFO (232-4636) or go to [www.cdc.gov/flu](http://www.cdc.gov/flu).