

Always remind children to:

- Cover their nose and mouth with a tissue when they cough or sneeze—have them throw the tissue away after they use it.
- Wash their hands often with soap and water, especially after they cough or sneeze. If water is not near, use an alcohol-based hand cleaner.
- Remind them to not to touch their eyes, nose, or mouth. Germs often spread this way.

### Hand Washing

- Encourage children to wash hands when their hands have become soiled. They should always wash their hands before eating. Teach children to wash hands for 15-20 seconds (long enough for children to sing the “Happy Birthday” song twice). An alcohol-based hand cleaner may be used when soap and water are not available and hands are not visibly soiled.
- Oversee the use of alcohol-based hand cleaner by children and avoid using these on the sensitive skin of infants and toddlers.
- Rub hands thoroughly until the alcohol has dried, when using alcohol-based hand cleaner.
- Keep alcohol-based hand cleaner out of the reach of children to prevent unsupervised use.

Other:

- Infants and young children can become quite ill with influenza very quickly and might require urgent medical attention and possibly hospitalization.
- If a child has difficulty breathing, is lethargic, or appears to be worsening rapidly, consider calling a physician or call 911.
- Sick children should stay at home until they have been without fever for 24 hours, to prevent spreading illness to others.