

# FAMILY RESOURCE

C O N N E C T I O N

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## H1N1 Flu Prevention

At New Horizon, we continue to receive the latest updates on both the seasonal flu and the H1N1 flu viruses. Together with you, we will take a proactive approach toward prevention of the flu in our centers.



Studies have found that caregivers and families who teach and model good handwashing can reduce illness by fifty percent. Handwashing is the easiest and most effective way to prevent the spread of disease caused by germs. In order for handwashing to be effective, hands should be washed with soap and water for 15 to 20 seconds. Vigorous friction, ample lather from soap, and thorough rinsing are needed to remove the germs from your hands. Use a song or a chant to encourage your child to practice thorough handwashing. For example, sing the ABC song with your child while you both wash your hands. At the end of the song, your hands will be clean! If there is no soap or water available, alcohol-based hand wipes or hand sanitizers may be used.

Other practical, yet highly effective steps you can take to protect your family's health include: 1) avoid touching your eyes, nose, or mouth; 2) try to avoid close contact with people who are ill; 3) stay in good general health; 4) get plenty of sleep; 5) be physically active; 6) manage your stress; 7) drink plenty of fluids; and 8) eat nutritious food.

Health officials also recommend that we sneeze or cough into our sleeves rather than into our hands. You can teach your child how to do this by modeling and encouraging this procedure. If a family member does become ill with the flu, linens, eating utensils, and dishes belonging to those who are ill do not need to be cleaned separately, but these items should not be shared without washing thoroughly first.



### Mission

To open “New Horizons” of self-esteem and potential for the little people entrusted to our care, their families, and our employees by providing and continuously improving the best child development on the planet!



Follow public health guidelines for keeping your child home if they have symptoms of the flu, these symptoms include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Headache
- Chills
- Fatigue
- Sometimes diarrhea and vomiting



Children who are ill should stay home for at least 24 hours after their fever is gone, without the aid of fever-reducing drugs like Tylenol® or Motrin®. For many children, they will need to be kept home for five to seven days.

Even if the flu strikes, we can do something to prevent its spread through well-proven techniques of hygiene; if we develop the flu, we need to be considerate of others by avoiding crowds and staying away from others.

New Horizon Academy will continue to take precautions to prevent transmission of the flu and to protect our children, staff, parents, and local communities from infection. In addition, New Horizon Academy will be providing an alcohol-free hand sanitizer for parents' use near the sign-in computer. We encourage you to use this product before entering any of our classrooms.

Working together, we can minimize any effect that either seasonal or H1N1 flu will have on families and staff at New Horizon Academy.

## HANDWASHING CHANT

(to the tune of *Sound Off*)

<b>Palms</b>	<b>Back and forth until there's bubbles, Back and forth until there's bubbles.</b>
<b>Backs</b>	<b>Top of this hand until there's bubbles, Top of this hand until there's bubbles.</b>
<b>Between Fingers</b>	<b>In-between, in-between, in-between until they're all clean.</b>
<b>Thumbs</b>	<b>Thumb, thumb, thumb-kin clean, Thumb, thumb, thumb-kin clean.</b>
<b>Fingernails</b>	<b>Twist, twist . . . twist-twist-twist, Twist, twist . . . fingernail twist.</b>
<b>Wrists</b>	<b>Lastly wring around each wrist, Lastly wring around each wrist.</b>

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