

Recommendations for Parents and Guardians in case of an Epidemic

The most important hygienic measures and actions in suspected cases

Following the summer holiday there will be more cases of the flu in Switzerland. The virus spreads through droplets (for example, through sneezing, coughing, speaking) or unclean surfaces (for example, through handkerchiefs, hands) from person to person. According to current observations, the flu virus A (H1N1) is not more aggressive than a normal seasonal flu but there is a markedly larger group of infected people expected.

Simple measures can help to protect children from becoming sick and reduce the spread of disease:

- **Regular and thorough hand washing with liquid soap and water – Dry hands with disposable towels.**
- **Cover nose and mouth with a paper tissue; when tissue is not available, sneeze into elbow**
- **After use, dispose of tissues in a (covered) waste paper basket and wash hands thoroughly**
- **Air out rooms regularly**

Additional measures following contact with an infected person:

- **No handshaking, hugging or kissing**
- **If possible maintain a distance of 1 meter**
- **Do not share dishes or utensils with another person**

In case a child exhibits flu symptoms (high fever over 38 Centigrade, discomfort, muscle aches, coughing, sore throat, headache), he or she should be cared for at home. Return to school should take place only after one day free of symptoms. Contact a doctor in case of complications. Avoid the emergency stations and anti virus medication given without a doctor's prescription (i.e. Tamiflu). Siblings should attend school as long as they are healthy.

The State Parliament (Regierungsrat) has decided that the schools must remain open and functioning. Closing the schools will only take place if ordered by the State Physicians Services (kantonärztlichen Diensts). If teachers are absent there should be, when possible, activities for students provided. If this is no longer possible, the local school authorities will decide if a school closure for organizational reasons (lack of personnel) is necessary.

For further information about viral flu infections see: www.ag.ch/pandemievorsorge or www.pandemia.ch . Contact your family doctor with any questions.