

## November 2009 LifeSolutions Corner

***I work full-time and have young children in day care and elementary school. I'm thinking ahead about what to do if one of us comes down with the H1N1 flu. Can LifeSolutions help?***

Yes, we can...good for you for thinking ahead! It's a key to success with this situation. We'll help locate information and resources to answer any questions that you have and help you with some "stressbusters" to manage. Let's start with the information below:

Vaccination against the H1N1 flu is generally recommended for high risk groups, including young children and their parents.

- ◆ Talk with your pediatricians and other family doctors about getting vaccinated.
- ◆ **LS tip:** Both the Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)) and the Allegheny County Health Department ([www.achd.net](http://www.achd.net)) provide lots of information about the H1N1 flu and answer frequently-asked questions on their websites.
- ◆ Also, your child's teachers and/or the school's website may offer information and recommendations to help you and your child if he or she gets sick.

If your son/daughter comes home with a fever and has a sore throat, a cough, a runny nose, or says he feels "sore all over":

- ◆ Take his temperature so you can tell the pediatrician when you call.
- ◆ Buy and use the over-the-counter medications your doctor has recommended (for him and for each of your family members who may become ill).
- ◆ Stock up on extra food, plenty of clear liquids and broth.
- ◆ Have things he and your other children can play quietly with.
- ◆ Remind all your family members to wash their hands frequently, with soap. Make sure they each have their own towels (or paper towels) to dry their hands on, their own cups to brush their teeth with and drink from—and plenty of tissues on hand for coughs, sneezes, and runny noses.
- ◆ If your child's temperature is 100 or over, the CDC recommends that he stay home from school until at least 24 hours after his temperature is back to normal.
  - That includes brothers and sisters as well.

Think ahead of time about what room in your house could be a "sick room".

- ◆ Preferably choose one with a door that closes and a bathroom nearby - if you have a powder room or second bathroom available.
- ◆ Consider which family member will be designated to take care of your sick child, so that your well family members can stay about 6 feet away from him (and anyone else who gets sick) until he too is well again.
- ◆ Or... Ask a relative who's not in a high-risk group for the H1N1 flu if they would be willing to watch this child and your other children.
- ◆ Think ahead about alternative child care arrangements.
  - **LS tip:** If you don't have relatives or friends who can help, our staff can talk with you and can do a free search to help you explore alternative childcare arrangements that may be available to you if you need them.

Check with your manager to review the call-off procedure and to see if you can arrange flextime or can work from home if needed.

If you find yourself anxious, stressed, or not sleeping, give us a call. We'll help review coping strategies. Please call us (1-800-647-3327). Or check out our website at [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com).

