



# Seasonal and 2009 H1N1 Flu: A Guide for Parents



## Flu information

### What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs caused by flu viruses. Flu viruses cause illness, hospital stays and deaths in the United States each year. There are many different flu viruses and sometimes a new flu virus starts spreading among people and making people sick.

### What is 2009 H1N1 flu?

2009 H1N1 flu (sometimes called swine flu or novel flu) is a new and very different flu virus that is spreading worldwide among people. This flu season, scientists expect both 2009 H1N1 flu and seasonal flu to cause more people to get sick than a regular flu season. More hospital stays and deaths may also occur.

### How serious is the flu?

Most people with 2009 H1N1 have had mild illness and have not needed medical care and the same is true of seasonal flu. However, the flu can be serious, especially for young children (risk is highest in children younger than 2 years) and children of any age who have certain chronic medical conditions. These conditions include asthma or other lung problems, diabetes, weakened immune systems, kidney disease, heart problems and neurological and neuromuscular disorders. Children with these conditions can have more severe illness from any flu, including from the 2009 H1N1 flu virus.

### How does flu spread?

Both 2009 H1N1 flu and seasonal flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with flu. People also may get sick by touching something with flu viruses on it and then touching their mouth, nose or eyes.

### What are the symptoms of the flu?

Symptoms of seasonal flu and 2009 H1N1 flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea. Some people sick with the flu will not have a fever.

### How long can a sick person spread the flu to others?

People infected with seasonal and 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. However, some people can shed virus for longer, especially children and people with weakened immune systems and people infected with 2009 H1N1 flu.

## Protect your child

### How can I protect my child against flu?

Get a seasonal flu vaccine for yourself and your child to protect against seasonal flu viruses.

Get a 2009 H1N1 vaccine for your child. Ask your doctor about whether you should get one too.

Take - and encourage your child to take - everyday steps that can help prevent the spread of germs. This includes:

- Cover coughs and sneezes with a tissue. Throw the tissue in the trash after you use it.
- Stay away from people who are sick.
- Wash hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- If someone in the household is sick, try to keep the sick person in a separate room from others in the household, if possible.
- Keep surfaces like bedside tables, surfaces in the bathroom, kitchen counters and toys for children clean by wiping them down with a household disinfectant according to directions on the product label.
- Throw away tissues and other disposable items used by sick persons in your household in the trash.

## Is there a vaccine to protect my child from H1N1 flu?

A yearly seasonal flu vaccine is the first and most important step in protecting against seasonal flu. This vaccine is recommended for children 6 months through 18 years of age and all people who are close contacts (caregivers) of children younger than 6 months of age.

A vaccine against 2009 H1N1 flu also is being made. This vaccine is recommended for all children and young adults 6 months through 24 years of age. Other people, including close contacts of children younger than 6 months of age and adults with certain chronic medical conditions, are recommended for vaccination too. More information about the 2009 H1N1 flu vaccine and the seasonal flu vaccine is available on the CDC Web site.

## Is there medicine to treat the flu?



Antiviral drugs can treat both seasonal flu and 2009 H1N1 flu. The priority use for these drugs this season is to treat people who are seriously ill (hospitalized) or people who are sick with the

flu and either have a medical condition or are in an age group that puts them at high risk of serious flu complications. Antiviral drugs can make people feel better and get better sooner and may prevent serious flu complications. These drugs need to be prescribed by a doctor and they work best when started during the first 2 days of illness. These drugs can be given to children.

## What should I use for hand cleaning?

Washing hands with soap and running water (for as long as it takes to sing the "Happy Birthday" song twice) will help protect against many germs. If soap and water are not available, use an alcohol-based hand rub.



### If your child is sick

## What can I do if my child gets sick?

If your child is 5 years or older and otherwise healthy and gets flu-like symptoms, including a fever and/or

cough, consult your doctor as needed and make sure your child gets plenty of rest and drinks enough fluids.

If your child is younger than 5 (and especially younger than 2) or of any age and has a medical condition like asthma, diabetes, or a neurologic problem and develops flu-like symptoms, ask a doctor if your child should be examined. This is because younger children (especially children younger than 2) and children who have chronic medical conditions may be at higher risk of serious complications from flu infection, including 2009 H1N1 flu. Talk to your doctor early if you are worried about your child's illness.

## What if my child seems very sick?

Even children who have always been healthy before or had the flu before can get a severe case of flu.

Call or take your child to a doctor right away if your child of any age has:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Has other conditions (like heart or lung disease, diabetes, or asthma) and develops flu symptoms, including a fever and/or cough.

## Can my child go to school, day care or camp if he or she is sick?

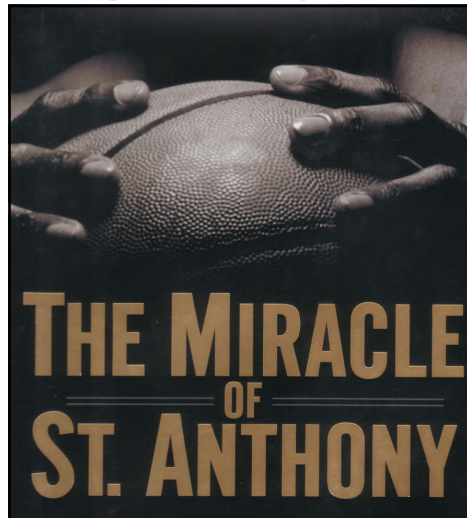
No. Your child should stay home to rest and to avoid giving the flu to other children.

## When can my child go back to school after having the flu?

Keep your child home from school, day care or camp for at least 24 hours after their fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F or 37.8°C.

For more information, visit [www.cdc.gov](http://www.cdc.gov) or [www.flu.gov](http://www.flu.gov) or call 800-CDC-INFO

# Play with a Legend



## Coaches' and Players' Clinics with **BOB HURLEY**

of Jersey City's nationally ranked basketball powerhouse, St. Anthony's High School.

Get ready for the upcoming basketball season with

### **Coach Bob Hurley**

subject of Adrian Wojnarowski's book, The Miracle of St. Anthony.

**Coaches' Clinic—Thursday, October 29, 7-9pm**  
Coaches at all levels can grow their basketball acumen  
through the teachings of Bob Hurley

All Coaches: \$30

**Skill Building Clinic for Boys and Girls—Thursday, November 12**

Get ready for the upcoming season with Bob Hurley!

Grades 5, 6, & 7 from 6-7:30pm; Grades 8, 9, 10 from 7:30-9:00pm

All Players: \$20

**In-Person Registration at the Y Only—Registration is limited!**

Contact Sharon Twiddy at the Y for more information at 201-891-2081

Not a school-sponsored program, not necessarily endorsed by the Board of Ed.

# FRANKLIN LAKES RECREATION AND PARKS COMMUNITY CENTER

Welcome to our center. If you have not taken advantage of our wonderful facility, we invite you to come see it. Just let our staff know you would like to take a tour when you arrive!

We have many activities and programs available at the Community Center. Our indoor space provides for a variety of activities and programs for all ages and abilities.

Our weight room is equipped with treadmills, ellipticals and free weights

We also have fitness classes which include...

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout that is fun and easy to do.

Yoga emphasizes body, mind, spirit awareness and expansion along with learning meaningful boundaries. Yoga improves strength, flexibility and relieves stress. Our instructor will guide you by offering suggestions and modifications.

Pilates aims is to improve flexibility and strength and to create a balance in the body. It includes comprehensive regulation of the physical functions and leads to physical and mental relaxation

Tai-Chi/ Chi- Kung is a slow, graceful Chinese exercise that enhances relaxation skills, mental focus and physical alignment while building leg strength, endurance and stability. Tai- Chi is ideal for increasing stamina, flexibility and coordination.

Jump Start is a high energy, fat burning cardio class. Sure to get your heart beat pumping.

Tone Up is full body work out that incorporates light lifting and high intensity cardio.

Cardio Blast is a slower Zumba- style class with a great calorie- burn and tone-up.

Senior Art Classes is for those looking to learn and have fun with art. The medium is primarily watercolor, but all other forms are used.

After school programs include:

Guitar Basics

Golf

Beading

Acting Class

Fall Tennis

Information on all of these opportunities can be found on our website, [www.gameplan411.com](http://www.gameplan411.com) or by contacting the recreation department at 201-847-8200.

## **FAMILY SPECIALS: *sponsored by the Friends of the Library***

Family Specials are open to only Franklin Lakes residents and current members of the Friends organization. Tickets are free and available in person or by telephone (201-891-2224).

### **NATURE WALK with the NJ Audubon Society: Grades 3-6**

**Wednesday, November 4 @ 4:15-5:30 p.m.**

Join Pat Scheuer for a fun and informative nature walk on the library grounds. In the event of rain, an indoor program will be substituted. Registration begins October 26. Register on-line or in person.



### **DUET PRODUCTIONS presents *PETER PAN*: Grades K & up**

**Thursday, November 5 @ 7:00-8:00 p.m.**

Fun for all with Peter Pan and Tinkerbell in Neverland with the Pirates, Indians, and the Lost Boys.

Tickets available beginning October 19.

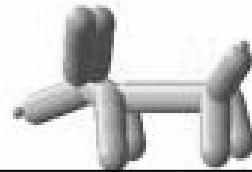


### **MR. TWISTER: Grades K & up**

**Friday, November 6 @ 1:30-2:30 p.m.**

World renowned balloon maestro will twist and create your favorite creatures.

Tickets available beginning October 28.



### **PILGRIM ADVENTURE: A MYSTERY HISTORY HUNT: Ages 7-12**

**Wednesday, November 18 @ 7:00-8:00 p.m.**

Children will participate in a brain bending hunt for clues to locate information on how to survive New England winters.

Registration begins November 2.



### **YOSI presents *A Thanksgiving Friendship Special*: Ages 4 & up**

**Tuesday, November 24 @ 7:00-8:00 p.m.**

Lots of rhythms and songs about friendship in this interactive Thanksgiving program. Tickets available beginning Monday, November 9.



### **LYLE COGEN presents *Snowflakes and Snowsongs: A Winter Songfest*: Grades K & up**

**Thursday, December 3 @ 7:00-8:00 p.m.**

Featuring songs reflecting Christmas, Chanukah and celebrating cultural diversity for the holiday season.

Tickets available beginning November 16.



### **TRAVELING LANTERN presents *A CHRISTMAS CAROL*: Grades K & up**

**Saturday, December 5 @ 10:30-11:30 a.m.**

A classic tale about Old Ebenezer Scrooge, a nasty old geezer, until his only friend appears as a ghost to teach him the joys of caring and giving to others. Tickets available beginning November 16.



### **EXIT 9: Grades K & up**

**Tuesday, December 29 @ 1:30 p.m.-2:30 p.m.**

One of the most exciting percussion groups ensembles around! They will play music of all styles including ragtime, steel pan calypso, and West African drumming. Tickets available beginning December 21.



# Programs for Older Kids

## BOOK BUDDIES

A book discussion group  
for grades 2 & 3.  
Meets the first Thursday  
of each month @ 4:15 - 5:15 p.m.

Thursday, November 5  
Cancelled

Thursday, December 3  
*The Worst Best Christmas Pageant Ever*  
by Barbara Robinson  
Register and pick up your book now!



## DOUBLE DIGITS

A book discussion group for  
grades 4 - 6.  
Meets 4:00 - 5:00 p.m.

Thursday, November 19  
*The Lightning Thief* by Rick Riordan  
Register and pick up your book now!

Thursday, December 17  
*Tuck Everlasting* by Natalie Babbitt  
Register and pick up your book now!



## Wii for grades 4 & Up

Drop in and play on the **SECOND** Friday of each month  
starting November 13 @ 3:30 - 5:30 p.m. Test your video game skills  
against other contenders. Play MarioKart, Guitar Hero III, Wii Play,  
SuperSmash Bros. and DDR .

## ANIMAGIC! for grades 4 - 6

Thursdays, November 12 & December 10  
@ 4:15 - 5:30 p.m.

Try your hand at computer graphics!  
Create a 3D animation from your digital photograph  
Of any animal (live or toy)!

Sign up November 2 - space is limited!  
Franklin Lakes residents only. Register on-line  
@ <http://www.franklinlakeslibrary.org/>

## HOMEWORK HELPERS

for children in grades K-5  
Tuesday & Thursdays  
4:30 - 5:30 p.m.  
November 3 - 19  
December 1-17  
(No Program November 5)

Franklin Lakes residents only. On-going  
registration.  
Check with the  
Children's Desk for details.

## BOOK JEOPARDY

for grades 3 & up  
Friday, November 6  
@ 3:30 - 4:30 p.m.

Game show based on your  
favorite books!

Registration for Franklin Lakes  
residents begins October 26  
Out-of-Town November 4



## HOLIDAY CRAFT

for grades 3 & up  
Wednesday, December 2  
@ 4:15-5:30 p.m.

A special craft for the season  
Registration for Franklin Lakes residents  
begins November 23  
Out-Of-Town November 30

**DROP-IN MOVIE on December 30 @ 1:00-3:00 p.m.**

Disney - Pixar's **"UP"** Rated PG 96 minutes

# Programs for Younger Kids



**WELCOME to the P.I.N.T. Center!  
for newborns to 30 months**

9:30 - 10:15 a.m. or 10:30 - 11:15 a.m.



**Wednesday, November 4 - November 25**

An informal social time for parents, infants and toddlers. Come meet others, introduce your child to the library and hear stories, songs and fingerplays appropriate for the younger crowd.

Franklin Lakes residents can register on-line @ <http://www.franklinlakeslibrary.org/>  
Franklin Lakes residents registration begins October 19  
Out-of-Town October 26

**HOLIDAY TOT-TIME for ages 30 months to 5 years**

9:30 - 10:30 a.m. or 1:15 - 2:15 p.m.



**Tuesday, December 1**

Or

**Thursday, December 3**



A special holiday celebration featuring crafts, stories, music, and free play.  
All children must be 30 months by December 1 to qualify for this session.

Franklin Lakes residents registration begins November 18  
Out-of-Town November 25

**HOLIDAY PJ STORY TIME - DROP-IN**  
for children ages 3 to 6 years old

Join us in your PJ's for favorite holiday tales.

**Wednesday, November 11 and Wednesday, December 9**  
@ 7:00 - 7:45 p.m.





FRANKLIN LAKES RECREATION AND PARKS DEPARTMENT  
1 Vichiconti Way  
Franklin Lakes, NJ 07417  
Phone (201) 847-8200  
Fax (201) 847-0719

Registration for the spring 2010 season for Lacrosse is going on now.

If you have not registered you must do so by November 1, 2009 in order to avoid the late fee.

The cutoff date is January 4, 2010, every child will be placed on a waiting list thereafter.

You can register online by going to [www.gameplan411.com](http://www.gameplan411.com)

If you have any questions please call the Recreation Department.

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NJ CHILDREN'S CHESS SCHOOL, 862 DEGRAW AVENUE, FOREST HILL (NEWARK), NJ 07104  
**DIRECTIONS: TAKE GSP TO EXIT 148 ON SECOND TRAFFIC LIGHT MAKE TURN ON TO  
FRANKLIN STREET (TOWARD EAST) GO 1 ½ ML & LEFT ON DEGRAW AVE  
OR TAKE ROUTE 21 EXIT 5**

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# NJ Children's Chess School

## "Geller Quads" - First Friday Every Month!

### FRIDAY \*november 6, 2009

Where? 862 DeGraw Ave, Forest Hill, NJ 07104  
Open To? K-6 3-RR G/35  
Trophy to ALL PLAYERS!!!

Registration 6:00-6:25 PM    Rounds 6:30-7:40-8:40 PM    Presentation 9:15 PM  
EF \$27 if rec'd by 10/30/09, \$30 at site    \$3 off from second in family

Please complete and sign the registration form below and return with payment  
to "Children's Chess" at the address:  
Arkady Geller, 862 DeGraw Avenue, Newark, NJ 07104

Info: Arkady Geller (973) 483-7927    E-mail: [chesscamp@hotmail.com](mailto:chesscamp@hotmail.com)  
**Web: [kidschesscamp.com](http://kidschesscamp.com)**

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My child \_\_\_\_\_

**Will attend chess tournament on November 6, 2009 @ NJCCS**

**Enclosed please find check for \$27**

Phone (home) \_\_\_\_\_ (cell) \_\_\_\_\_

E-mail \_\_\_\_\_

Parent signature \_\_\_\_\_