

## Say "Boo!" to the Flu Partners



Visiting Nurse Associations of America

The Visiting Nurse Associations of America (VNAA) is the official national association that supports, promotes, and advocates for home-based healthcare providers. As a Say "Boo!" to the Flu lead partner, VNAA is committed to enhancing vaccination programs nationwide. For more information, visit [www.VNAA.org](http://www.VNAA.org).



The Clorox Company is committed to helping families live easier, healthier and better lives. As part of this commitment, Clorox is honored to support the Say "Boo!" to the Flu program to educate parents about the importance of flu prevention.

For more information about the role of disinfecting to help prevent the spread of surface germs that cause the flu, visit [www.SayBooToTheFlu.com](http://www.SayBooToTheFlu.com).

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# SAY BOO TO THE FLU™



**Act now  
and treat your  
family to a  
healthier flu  
season**

**VNAA**  
Visiting Nurse Associations of America



## Say “Boo!” to the Flu

There are lots of things you worry about for your kids. By learning some simple flu prevention steps, the flu will not have to be one of your top concerns.

To help your family have a healthier flu season, Visiting Nurse Associations of America (VNAA) and The Clorox Company teamed up to say “Boo!” to the flu.

## Get Vaccinated for Seasonal Flu Now!

This season’s annual flu vaccine will protect against the influenza A (H1N1), influenza A (H3N2) and influenza B viruses, all of which can cause the flu virus. Some seasonal flu vaccines known as “quadrivalent” flu vaccines will be formulated to protect against four flu viruses, including an additional influenza B virus. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months and older get a flu vaccine each year to protect against the flu virus. In addition, household contacts (moms, dads, brothers, sisters, nannies, etc.) of children younger than six months old should be vaccinated because while children younger than six months cannot be given the flu vaccine, they are the pediatric group at highest risk of flu complications.

VNAA urges you to start getting your family vaccinated as soon as vaccines are available. Get your family vaccinated in October and November, before flu activity peaks. If you do not get vaccinated early, you can still get vaccinated late in the season, in December, January and beyond.

To find a Say “Boo!” to the Flu vaccination event in your area, visit [www.SayBooToTheFlu.com](http://www.SayBooToTheFlu.com).

## What is the Flu?

Influenza, or “the flu” is an easy-to-spread viral infection. The symptoms include high fever, chills, cough, aches and fatigue. Influenza is a serious infection. In fact, it is estimated that each year in the United States more than 20,000 children less than five years old are hospitalized due to the flu.

It can be hard to tell the difference between the flu and a common cold. Symptoms are similar, but they are more severe with the flu and can also result in other serious health problems. Either way, you should see a healthcare provider to determine if you have the flu or a cold.

A simple cough or sneeze can spread the flu from person to person. Flu viruses can remain on household surfaces, too. The flu may spread when a person touches a surface, like a toy, with the flu virus on it, and then touches his or her mouth or nose.



## What You Can Do

Once your family is vaccinated, make sure you still use these tricks to make the flu virus – and other potentially harmful bacteria and viruses – too scared to hang around your house:

- 1. Sing & Scrub:** Make sure kids wash their hands the right way. They should wash frequently with warm water and soap for at least 20 seconds (the time it takes to sing the “Happy Birthday” song twice).
- 2. Do the Elbow Cough:** Teach kids to cough into elbows, not hands where they are more likely to spread bacteria and viruses through touch.
- 3. Disinfect Hot Spots:** Use a disinfectant approved to kill cold and flu viruses to wipe the surfaces kids touch most frequently—like doorknobs, light switches, faucets or toys.
- 4. Follow Good Health Guidelines:** Eat right, exercise and get plenty of sleep to help boost your body’s ability to fight the effects of colds and the flu.

## Where are the Flu Viruses in Your House?

A study done at the University of Arizona found a strain of the flu virus was present on 60 percent of common household items in homes with just one sick child. The top five most virus-contaminated spots were:

- 1. Phone receiver**
- 2. Refrigerator, microwave and door handles**
- 3. Kitchen faucet**
- 4. Light switch**
- 5. TV remote**



Help prevent the spread of the flu virus by disinfecting surfaces in your home with products like Clorox® disinfecting products.

—Journal of Infection, “The occurrence of Influenza A virus on household and day care center fomites,” Stephanie Boone and Charles Gerba, September 2004.

Visit [www.SayBooToTheFlu.com](http://www.SayBooToTheFlu.com) to download a shopping list that includes all the items you may need to help your family fight the flu virus this season.