

La Paz County Health Department

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PARENTS SHOULD KEEP SICK CHILDREN HOME

La Paz County, AZ- In a letter sent home with children county wide, the La Paz County Health Department asked parents to keep sick kids home and out of school. Centers for Disease Control and Prevention (CDC) issued guidelines for keeping sick children home and out of school last month. The guidelines state: Those with flu-like illness need to stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. They need to stay home even if they are using antiviral drugs.

“We are asking parents to help stop the spread of influenza by keeping children home when they are sick,” said Marion Shontz, Director of the La Paz County Health Department. “When a sick child goes to school they can spread the illness to other classmates very quickly.”

Unlike the regular influenza season that runs from October to March in Arizona, H1N1 has continued to have a presence in Arizona through out the summer months. Keeping children home when sick is not the only way to help stop the spread of influenza. Simple basic measures can help stop the spread of

influenza and protect our community.

- Use good hygiene: Cover your coughs and sneezes with a disposable tissue or use your sleeves. Don't cough or sneeze into your hands. Coughing and sneezing into your hands without washing them immediately can spread germs to other surfaces and to other people. Wash your hands frequently throughout the day or use hand sanitizer when hand washing is not available.
- Stay home when sick: This year 1 in 4 people may get sick with the flu so plan accordingly. Stay home if you are sick and keep sick kids home too. You or your child should stay home until fever free (at least 24 hours without the use of fever reducing medications) and have a plan to be home possibly up to 7-10 days. Talk with your employer now about company policies.
- Have healthy habits: Get plenty of rest, eat plenty of fruits and vegetables and exercise. Our first defense is our body's immune system. Keep it as healthy as possible.

For more information on H1N1 go to www.stopthespreadaz.org Let's work together to keep our children and community healthy.

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