

Resources about Seasonal Influenza (Flu)

PREVENTION:

Bernards Township Health Department: Videos on *Handwashing* and *Sneeze in Your Sleeve*
<http://www.bernardshealth.org/SeasonalFlu.aspx>

Take Action to Prevent the Flu
<https://www.cdc.gov/flu/consumer/prevention.htm>

Tips for Parents on Handwashing
<https://www.cdc.gov/handwashing/>

Good Health Habits for Preventing Seasonal Flu
<https://www.cdc.gov/flu/protect/habits/>

Prevent the Spread of Flu
<http://www.nj.gov/health/cd/documents/flu/preventspread.pdf>

Handwashing Materials from NJDOH
<http://www.nj.gov/health/cd/topics/handwashing.shtml>

AAP: Preventing the Flu: Resources for Parents & Child Care Providers
<https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Preventing-the-Flu-Resources-for-Parents-Child-Care-Providers.aspx>

Cleaning Products:
<https://www.epa.gov/saferchoice>
<https://www.epa.gov/saferchoice/products#sector=Business>
<http://www.greenseal.org/FindGreenSealProductsandServices/Products.aspx?vid=ViewProductDetail&cid=17>

IF YOU HAVE THE FLU:

What is the difference between a cold and the flu?
<https://www.cdc.gov/flu/about/qa/coldflu.htm>

What to Do If You Get the Flu
<https://www.cdc.gov/flu/takingcare.htm>

How to Take Care of Yourself When You Get the Flu
<http://www.nj.gov/health/cd/documents/flu/selfcare.pdf>

VACCINE:

Use the **Flu Shot Finder** to find a Flu Vaccine Shot by Zip Code
<https://www.cdc.gov/flu/>
<https://vaccinefinder.org>

CHILDREN AND PARENTS:

Flu Information for Parents with Young Children:

Activity Books for Children

The Flu: a Guide for Parents

<https://www.cdc.gov/flu/parents/index.htm>



Bernards Township Health Department
Basking Ridge, NJ 07920
P. 908.204.3070 F. 908.204.3075
www.bernardshealth.org

Contractual Health Agency for:
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mendham Borough
Peapack and Gladstone Borough

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Influenza (Flu) in Children

<http://www.chop.edu/conditions-diseases/influenza-flu-children>

When Should Children Stay Home from School

<http://www.nj.gov/health/cd/documents/flu/sendkidschool.pdf>

Information for Schools and Childcare Providers

<https://www.cdc.gov/flu/school/index.htm>

PEOPLE AT HIGH RISK OR WITH MEDICAL CONDITIONS AND THE FLU:

People at High Risk of Complications from the Flu

https://www.cdc.gov/flu/about/disease/high_risk.htm

Flu and People with Asthma

<https://www.cdc.gov/flu/asthma/index.htm>

A Guide for Parents of Children with Chronic Health Conditions

<https://www.healthychildren.org/English/health-issues/conditions/chronic/Pages/Flu-A-Guide-for-Parents-of-Children-or-Adolescents-With-Chronic-Health-Conditions.aspx>

People Over Age 65 and the Flu

<https://www.cdc.gov/flu/about/disease/65over.htm>

ADDITIONAL INFO:

Flu Basics brochure NJ DOH

http://www.nj.gov/health/cd/documents/flu/flu_basics_eng.pdf

Flu Resources NJ DOH

<http://www.nj.gov/health/cd/topics/flu.shtml>

Flu Resources in Other Languages

http://www.nj.gov/health/cd/topics/flu_other_lan.shtml

Public Service Announcement Flu Season 2018 from Dr Tina Tan, Assistant Commissioner/State Epidemiologist NJ Division of Epidemiology, Environmental, and Occupational Health

<https://youtu.be/imhdBKWLS9k>



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