



MEDIA RELEASE FOR IMMEDIATE RELEASE

Make Flu Prevention a Part of Your Summer Safety Plan St. John Ambulance Wants Parents to Involve Their Children in a “Stay Healthy Plan”

August 21, 2009 (Toronto, ON) – With the recent outbreak of H1N1 in summer camps across Cottage Country and schools opening shortly, the need for preventative education to reduce the risk of spreading the virus increases. Here are some tips from St. John Ambulance and the Public Health Agency of Canada on how to fight the flu:

- **Ask your kids what they know about H1N1:** With so many different information sources, Children may be confused about what is going on. Ask them what they know, so you understand what you need to tell them.
- **Review Hygiene:** One of the simplest ways to prevent the flu and promote all around better health is good hygiene. Show your kids how to properly wash their hands, make sure they know to contain their coughs and sneezes to a tissue or their elbow and try to discourage them from sharing beverages.
- **Keep Common Surfaces Clean and Disinfected:** Keep personal items separated from members of the household who are displaying flu like symptoms. Use a disinfecting surface cleaner to reduce germs and prevent other people from getting sick. Emphasize the importance of not sharing personal items or drinks to children when they are out of the house.
- **Get Screened:** If your getting ready to pack the kids off for a sleep away trip and you notice flu like symptoms contact your pediatrician and see about having them screened.
- **Create a Quarantine Plan:** If worse comes to worse and your children have to stay home due to closures or personal illness, have some activities planned. Make sure the kids have lots of fun things to do because such a drastic change in a child’s routine can be quite stressful for them.

For more information on flu prevention, visit www.sja.ca.

For 125 years, St. John Ambulance has been training over 140,000 Ontarians annually in first aid and other health care related courses and remains dedicated to saving lives at work, home and play. With over 4,000 volunteers contributing over half a million hours of community service a year, St. John Ambulance is an integral part of the community offering such programs as; medical first response, car seat clinics, youth programs and therapy dog services. As a charitable, non-denominational, humanitarian organization, proceeds from St. John Ambulance’s first aid training and first aid product sales directly support these vital community services programs. For more information on St. John Ambulance training courses and volunteer opportunities or to contact your local branch, visit www.sja.ca

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