

# Friendship Soup and Influenza

## *Friendship Soup*

For a great winter warmer and a way to get plenty of vegetables in the children's diet it's a good time of the year to make friendship soup. If each child brings a vegetable, helps with the washing, peeling and cutting then add a packet/s of king's soup mix and simmer for an hour, a wonderful warm soup will be ready for all to enjoy by lunchtime.

## *Helpful Hints for Seasonal Flu & Influenza A (H1N1) ("Swine Flu")*

Both seasonal flu and influenza A (H1N1) are circulating in the community this winter. There have been high numbers of children aged 0-4 with flu symptoms seen at the Christchurch Flu Centre. Once infected with flu, young children remain infectious for longer than adults do. The following are some helpful hints to help reduce spread of flu and deal with sick adults and children.

- Children stay at home if they have any flu-like symptoms (fever, aches and pains, coughing, sore throats, runny nose, headache, chills, feeling tired.)
- Hand washing for 20 seconds and hand drying for 20 seconds or alcohol based hand rub.
- Clean hard surfaces, door handles, table tops, areas that are touched frequently with dilute bleach solution. One part bleach to 4 parts water.
- To avoid influenza in public places, stay a metre away from others.
- If a child is sick or displaying symptoms of the flu, they should be kept at home for 7 days after their symptoms begin or until they have been symptom free for 24 hours, whichever is longer.

**If a Centre is unable to determine whether a child should be excluded for any childhood illness or require relevant information on childhood illness you can contact Community and Public Health for advice. Phone 364 1777**

*Some information has been sourced from MoH website.*

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## **Healthy Nibbles for Tots**

Nutrition and Physical Activity Information for Under 5s

For more information visit: [www.cph.co.nz](http://www.cph.co.nz)

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Te Pōari Hauora o Waitaha