

Back To School: Swine Flu Worries

Last minute tips for parents sending kids to school.

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Chesterfield - Hand sanitizer should be at the top of the " back-to-school" shopping list.

The Wal-Mart in Chester was packed Monday with last minute back-to-school shoppers. Kids like Mackenzie Hodge are looking forward to the new school year. "Getting to see all my friends, just seeing all the different things about the 4th grade."

Mom Evelyn Robinson reads down the list of what's on her daughter's back to school list for Matoaca Middle School. "We're buying 3-ring binders, marbled composition books, pencils, just about everything they need." With the threat of swine flu this year, doctors say the number one thing parents need to have on their back to school items list is hand sanitizer.

Dr. Ken Lucas with Patient's First says kids need to wash their hands often and use hand sanitizer. He also says parents need to know the symptoms of swine flue aren't always evident right away. "They can be contagious a day or two before you even know you're getting sick" says Dr. Lucas. "So if you have a child that all the sudden becomes symptomatic, he didn't become symptomatic at that moment. He was carrying the virus for a little while and could conceivably spread it."

That's why Erin Hodge is throwing precaution in her basket, along with pens and pencils. "Lysol is on the list this year, the wipes are on the list, hand sanitizer. Definitely must haves."

"Part of the real key to controlling this is people need to stay calm" says Dr. Lucas. "People staying at home when they're sick and if your symptoms seem to be getting worse, then you go to the doctor."

With a vaccine not available until mid October, back to school means back to the basics: hand washing and hand sanitizer.

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