



## **STAYING HEALTHY DURING COLD AND FLU SEASON**

We all need to do our part to keep our students and school a healthy place. Please set an example and review the following with your student:

1. Wash your hands often with soap and water for at least 20 seconds. You can sing the ABCs or the Happy Birthday song while washing. Hand sanitizers also work.
2. Cover your cough or sneeze with tissues. If a tissue is not available, use the inside of the elbow to avoid contaminating the hands.
3. Avoid touching the face. This includes the mouth, nose and eyes.
4. Stay at least 3 feet away from people who are sick.
5. Talk with your doctor about the flu vaccine.

Flu is spread by large droplets from a sneeze or cough and will not remain airborne. The viruses usually won't live past 2 hours on a surface. Hand washing and cough and sneeze control are very important!

Signs and symptoms of the flu include a fever of over 100 plus one of the following: cough, sore throat, headache or muscle aches.

### **Keep your student at home when they are ill.**

They may return to school when they are fever free for 24 hours.

You may contact the District Nurses for any health concerns at 291-4184.