

Influenza Information

Take everyday preventive actions to stop the spread of germs

To help keep your children healthy during the flu season, follow these guidelines:

- Make sure students get plenty of sleep and physical activity, drink water, and eat good food to help them stay healthy in the winter and all year.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.

<http://www.cdc.gov/flu/protect/preventing.htm>

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