

## Flu Prevention Guidelines

- A. Flu spreads when a person touches a surface that has been contaminated with the flu virus.
- B. The virus travels on hands placed in the eyes, nose, or mouth and enters the body.
- C. The virus can also travel through the air by tiny droplets when someone coughs or sneezes without covering the mouth and nose.
- D. Practice good hand washing by using soap and water. Rub your hands together to make a lather and count from 1 to 60. Then rinse your hands well and dry them off with a paper towel. Use the paper towel to turn the water off, and then throw the towel away.
- E. If no water is available, use an alcohol based hand sanitizer.
- F. Cover your mouth and nose when sneezing with a tissue. Throw the tissue away in the trash, and then wash your hands.
- G. If no tissue is available, sneeze into the bend of your arm if you are wearing long sleeves.
- H. If you have the flu, please stay at home and follow your doctor's advice until you are well.
- I. If you do not improve, make sure you get back in contact with your family doctor.
- J. One of the best ways to prevent the flu is to get a flu vaccine.

## Other Important Facts About Flu Prevention

Daily exercise boosts the immune system and can help keep us from becoming sick. Simple exercises such as fast walking 15-30 minutes daily can help. Students should make sure to avoid walking without adult supervision. Stay away from busy streets and highways. Walk in a safe place, and never walk alone. Eating a diet rich in fruits and vegetables can also help. Try to eat at least 5 fruits or vegetables daily. Watch your serving sizes to avoid becoming overweight. Remember that fruit or vegetable juice (5 ounces) can count as one of your servings.

Parents can be a great help by reinforcing good hand washing practices and following up with the family doctor if their child has symptoms of the flu. Please keep your child at home and away from others if flu is suspected.

## Flu Symptoms

Make sure you follow up with your doctor as soon as possible if you have these symptoms:

1. Fever of 101 or greater
2. Sore throat
3. Body Aches
4. Headache
5. Cough
6. Muscle aches

Symptoms of the flu appear suddenly. The flu is very contagious and can spread from one person to the other. Please stay at home if you have been diagnosed with the flu. Notify the principal or school nurse assigned to your school if a diagnosis of the flu is made by your doctor. This will help school nurses keep track of cases of the flu. Flu prevention techniques can be reinforced to help decrease spreading of the virus.