

Illness Reminder:

We need your help to reduce the spread of germs! By working together, taking precautions, we can help to minimize the impact of any illness that can be spread to others.

Please be reminded of the following:

- Wash hands often with soap and water for 20 seconds;
- Avoid touching eyes, nose, and mouth with unwashed hands;
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick;
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick;
- **Stay home when feeling sick, and obtain consultation from your health care provider.**
 - Keep sick children at home for at least 24 hours after they no longer have vomiting or diarrhea
 - Ill children should stay home until 24 hours after they are fever free without the use of fever-reducing medicines.
- Cover your cough/sneeze. It is best to *cough or sneeze* into your upper sleeve or *elbow*, not your hands. If you cough/sneeze in your hands or in a tissue, make sure you wash your hands afterwards.
- These everyday steps are a good way to reduce your chances of getting the flu. However, a yearly flu vaccine is the best protection against flu illness.