



Office of the School Nurse
Health Tips

Protect yourself:

There are simple things you can do to protect yourself and help stop the spread of seasonal flu and H1N1 Flu. The most important thing you can do is practice good cold/flu hygiene. Washing your hands often and covering your nose and mouth with a tissue when you cough or sneeze are two of the simplest and most effective ways to stop the spread of the flu.

If you get sick:

If you get mild flu symptoms, stay home to heal more quickly and prevent spread to others. If you get more severe flu symptoms, contact a health care provider.

- 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, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

An annual flu vaccination can protect people from the flu and help to stop the spread of the virus in local communities and across the country. Flu season can begin as early as October, extend through March, and often peaks as late as January or February.

**** Please do not send your child to school if he/she has had fever within 24 hours. Students and employees may return to school when there are no symptoms of fever. No fever for 24 hours without the use of a fever reducing medication.**

If you have any questions and/or concerns, please contact your school's nurse's office for more information.