

Preventing the Spread of Flu and Colds

1. Wash hands using soap and water for 20 seconds before meals, after blowing nose, after coughing into your hands, before meals, and as needed. Use hand sanitizer when soap and water are not available.
2. Use good cough etiquette: Cough into your elbow or into a tissue.
3. Dispose of used tissues in the trashcan and then wash your hands.
4. Avoid touching eyes, nose, and mouth.
5. Avoid close contact with your friends (avoid hugging, kissing, sharing food or drinks).
6. Stay home if you are sick. Any student with a fever (100 degrees or more) may not return to school until they are fever free for 24 hours without taking fever reducing medications such as Tylenol or Ibuprofen.