

PREVENT THE SPREAD OF COLD & FLU



COMMON SYMPTOMS:

- Fever
- Cough
- Sore Throat

REMIND STUDENTS WHEN SNEEZING OR COUGHING TO:

- Cover his or her nose and mouth with tissue
- Put tissue in the trash
- Use proper handwashing

HANDWASHING TECHNIQUES

- Wet hands, apply soap and scrub for at least 20 seconds
- Thoroughly rinse under warm, running water
- Dry hands completely with paper towel. Use paper towel to turn off faucet handles and open restroom doors.
- Alcohol based hand cleaners

GermS are often spread when a person touches something that is contaminated with germS and then touches his or her eyes, nose, or mouth.

A respiratory **flu virus** is spread when droplets that exit through the mouth and nose of an infected person come in contact with another person.

REMEMBER :



- When possible, maintain a 3 foot distance from an ill student
- Wash your hands



- Avoid touching your eyes, nose or mouth



- Wear disposable gloves when in contact with or cleaning up body fluids or when disposing of trash



- Clean and sanitize hard surfaces (e.g. door handles, toilet seats, telephones) especially where ill students have been