

## Suggestions for Staying Healthy During Flu Season

During the winter cold and flu season, please review with your children the importance of proper hand washing and germ control.

- Please teach them to cough into the crook of the elbow/upper arm, and not into the hand. Coughing into the hand helps spread germs to everything they touch.
- At home, to prevent others in the home from becoming ill, be sure to clean all surfaces with an antibacterial cleanser or soap. Be sure to clean all telephones, doorknobs, faucet handles, computer keyboard/mouse, and anything else that is commonly used in your home by all family members. Below are hand washing instructions from the "Infectious Diseases Update" booklet:
  - 1) Wet hands with warm running water. Warm, running water is necessary to carry away dirt and debris.
  - 2) Apply liquid soap and lather well. Wash and lather hands for 15-30 seconds, **not under the water**. Wash front and back, between fingers and around and under fingernails. Use circular motion and friction.
  - 3) Rinse hands well under warm, running water. Water should drain from wrist area to fingertips. Repeat steps 1 and 2.
  - 4) Wipe surfaces surrounding sink with clean paper towel and discard towel.
  - 5) Dry hands well with paper towel and discard towel immediately. Broken skin permits germs to enter. Dry gently. Avoid chapped skin breaks. Apply lotion as needed.
- Please keep your child home for 24 hours after a fever (without the aid of Tylenol, which suppresses the fever), and do **not** send a child to school who has vomited in the morning or the night before. Many of these children feel great in the morning, then will not feel well around 10:00 a.m. to 11:00 a.m.
- Please notify your child's school-site's attendance office if your child has any contagious disease or lice. Thank you in advance for your help in this matter and thank you for your promptness in calling the office any time your child misses a day of school.