

DON'T GET SIDELINED BY THE FLU

Don't let the flu stand in the way of your school work, sports, extracurricular activities and your family fun. Follow these tips to protect yourself:

- 1. Common sense can help you and your family avoid the flu.**
 - **Practice Healthy Habits-** Wash your hands often with soap and warm water for at least 20 seconds to help prevent germs from spreading. Also, avoid touching your eyes, nose and mouth, because the virus can spread when your hands touch surfaces that are infested with germs. Finally, if you think you have the flu, stay home from school to help you get better and prevent your friends from getting sick, too.
 - **Mind your Manners-** Cover your mouth and nose with a tissue when coughing and sneezing, and throw away your used tissues.
 - **What's Mine is Mine, What's Yours is Yours-** Don't share drinks, water bottles, eating utensils or cell phones with friends.
- 2. If possible, get a flu shot.**
 - Many children are at higher risk for complications from the flu. Talk to the school nurse or your healthcare provider about whether a flu shot is best for you.
- 3. Is it Cold or Flu? – Know how to tell the difference**
 - If you have a stuffy nose, sneezing, sore throat and a hacking cough, you probably have a **COLD**.
 - If you have a high fever, severe headache, muscle and body aches, extreme tiredness and a dry cough, you probably have the **FLU**.
- 4. What to do if the flu catches up with you.**
 - If you have flu symptoms, stay home from school or work. Your doctor may decide to prescribe an antiviral medication, which can shorten the number of days that you're sick and lessen the symptoms.
 - Talk to the School Nurse if you have any questions or concerns regarding your child's health at 337-1087 ext. 8031.