



### Tips From The School Nurse:

#### Help Keep Your Child Healthy And Flu-Free

With flu season upon us, it is important that we work together to keep our children healthy. Viruses spread easily among children in schools, and families with school-age children have more infections than others, with an average of one-third of these family members infected each year. By keeping our children flu-free, we benefit the community as a whole. You can help prevent the spread of flu or help your child get better if she/he does get sick by following a few simple steps:

- Remind your child to cover her/his nose and mouth with a tissue when sneezing or coughing and dispose of the tissue immediately, or to cough into her/his upper sleeves.
- Advise your child to cover his/ her nose and mouth if anyone around is sneezing or coughing.
- Avoid shaking hands and always wash hands after physical contact with others.
- Have your child wash his/her hands frequently with soap and warm water for at least 20 seconds.
- Disinfect frequently-touched surfaces and shared items at least once a day.
- Ensure that bathrooms are stocked with soap, hand towels and tissues.
- Teach your child not to touch his/ her mouth, nose and eyes.
- Maintain a healthy lifestyle; attention to rest, diet, exercise and relaxation help maintain good physical and emotional health.
- If your child is sick and has fever, keep him/her at home to get enough rest and to prevent the spread of illness to others.

If you are concerned about your child's flu symptoms, contact your doctor early. Call your doctor immediately if your child has a chronic disease. Common symptoms of flu include high fever, severe headache, muscle and body aches, exhaustion, and dry cough. Additionally, children often exhibit other flu symptoms that are rare in adults, such as nausea, vomiting, and diarrhea.

Wish you all a flu-free season!

