

# Fight the Flu!

Here are some recommendations that can help keep students and staff healthy through this influenza season:

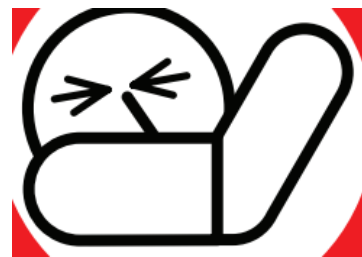
## Get Vaccinated

Influenza or "flu" can cause serious illness. Vaccination is the best way to protect yourself and your family. The seasonal flu vaccine is recommended for everyone 6 months of age and older.



## Cover Your Cough or Sneeze

Promote good respiratory etiquette. Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze, or cough into your elbow.



## Routine Cleaning

Surfaces that are touched often should be routinely cleaned using the general cleaning products already in use and following the manufacturer's instructions. These surfaces may include: desks, countertops, doorknobs, computer keyboards, and phones.

## Avoid Touching Eyes, Nose, or Hands

If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.

## Wash Your Hands



Encourage good hand hygiene. Wash your hands often with soap and water or use an alcohol-based hand cleaner. It is recommended washing hands for a minimum of 20 seconds.



## Stay Home

Keep students and staff who are ill at home, including remaining at home until at least 24 hours after fever subsides. Make sure to complete any course of prescribed antiviral medication.