

Flu Precautions

At the opening of school assemblies this week, we will be reviewing with the students best practices for infection control.

The guidelines from the Centers for Disease Control are as follows:

- use a tissue to cover your mouth when you cough or sneeze; immediately throw the tissue out and then wash your hands;
- when a tissue is not available, cough or sneeze into the crook of your elbow;
- wash your hands often with soap and water or an alcohol-based cleanser; these are available throughout the school;
- do not share food, drinks, or utensils;
- know the symptoms of swine flu: fever; cough, runny nose, sore throat; body aches; headache; fatigue;
- when you have flu-like symptoms, stay home and inside;
- do not return to school until 24 hours after the end of these symptoms;
- when you have flu-like symptoms and a fever, see your doctor.