



Help Keep Your School Safe & Healthy

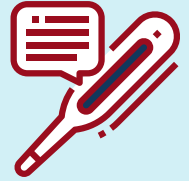
According to the CDC, about 55 million students and 7 million staff attend the more than 130,000 public and private schools in the United States every day. By implementing a few simple tips, schools can help protect one-fifth of the country's population from flu and colds.

TIPS FOR WORKING TOGETHER DURING COLD & FLU SEASON

- Stay home if you have a cold, fever, or flu to avoid spreading it to students and school staff
- Practice coughing into your arm to avoid sharing germs with others
- Swap hugs, high-fives, and other forms of hand-to-hand contact for smiles, nods, and other contact-free greetings
- Touch your face a little as possible and only after washing hands
- Practice frequent hand washing or use hand sanitizer or wipes when soap and water are not nearby
- Separate sick students and staff until they can be picked up or go home

Flu symptoms are often sudden and can include some or are all of the following:

Fever or feeling feverish/chills



Coughing and/or sore throat

Runny or stuffy nose



Muscle soreness or body aches

Feeling fatigued (tiredness)



Vomiting and/or diarrhea (more common in children)