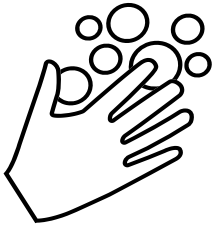


Protect Against Respiratory Illness

EVERYDAY PREVENTIVE ACTIONS CAN HELP SLOW THE SPREAD OF GERMS THAT CAN CAUSE MANY DIFFERENT ILLNESSES



WASH HANDS

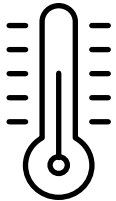
- Wash hands regularly, including throughout the school day, when you get home from school, after using the restroom, and before meals.
- Wash with soap and warm water, and physically scrub for at least 20 seconds.
- Hand sanitizers are not an adequate replacement for proper hand washing with soap and warm water. You can use alcohol-based hand sanitizers in addition to hand washing, but they are not as effective at removing germs as washing hands.

COUGH ETIQUETTE

- Cover your cough or sneeze with a bent arm or tissue, then throw the tissue in the trash
- Wash hands

AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH WITH UNWASHED HANDS TO STOP GERM SPREAD

AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK

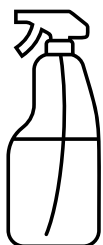


STAY HOME WHEN YOU ARE SICK

- If you or your child get sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone, except to get medical care or other necessities.
- Wear a mask if you must leave home

CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS AND SURFACES

- The flu virus can live on some surfaces for up to 48 hours.
- Respiratory illnesses like influenza are relatively fragile, so standard cleaning and disinfecting practices are sufficient to remove or kill them.
- Focus cleaning/disinfection on frequently touched surfaces
 - Desks and classroom furniture
 - Light switches, doorknobs, handles, railings
 - Computer keyboards, mice and phones
 - Hands-on learning items, toys
- Always follow label directions on cleaning products and disinfectants. Wash surfaces with a general household cleaner to remove germs. Rinse with water and follow with an EPA-registered disinfectant to kill germs. Read the label to make sure it states that EPA has approved the product for effectiveness against influenza virus.





RECEIVE INFLUENZA VACCINATION TO HELP PREVENT FLU

- Receive a seasonal flu vaccine every year. Vaccinated people who still become ill will have less severe symptoms for a shorter duration than those who are unvaccinated and become ill.
- Seasonal flu vaccination is recommended for everyone 6 months of age and older without specific contraindication to the flu vaccine.
- You should get the vaccine in early fall, preferably by the end of October
 - If you haven't received vaccination by this point, it's not too late.
 - Vaccination is recommended throughout flu season, even into January and later.
- Vaccines are commonly offered at doctors' offices, clinics, health departments, pharmacies, and college health centers.
- It generally takes around two weeks after vaccination for antibodies to develop and for full protection against influenza infection.
- Getting vaccinated can also protect vulnerable people around you, such as babies, young children, the elderly, and those with certain chronic health problems.