

HOW TO BE PREPARED FOR THE FLU & OTHER CONTAGIOUS DISEASES



GOOD HEALTH BASICS

- Get enough sleep and eat right.
- Exercise regularly.
- Don't share food or drinks.
- Dress appropriately for the weather and activity.

HANDWASHING

- Wash hands with soap and water.
 - If soap and water are not available, use hand sanitizer.
- Wash hands:
 - When entering a classroom (or new environment).
 - Before eating.
 - Before touching your eyes or mouth.
 - After using the restroom.
 - After tying shoes.
 - After blowing your nose.

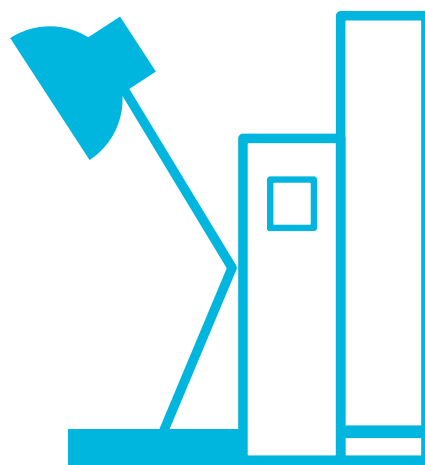


STAY HOME IF SICK

If you feel hot, are experiencing aches and pains, can't stop coughing, have a constant runny nose, have a sore throat, have a fever, etc., please stay home until you are symptom free for 24 hours.

TOUCHING/SURFACES

- Avoid touching your eyes and mouth.
- Avoid touching surfaces that do not need to be touched (i.e. walls).
- Disinfect surfaces regularly (i.e. light switches, tables, chairs, shared supplies, doorknobs, fountains, hallway common areas).



IMPORTANT CONSIDERATIONS



- Alleviate fears about the spread of the Coronavirus and other contagious diseases.
- Emphasize health and cleanliness in a positive way! Do not scare students/others about the risk of germs.
- Cover coughs and sneezes with tissues and use coughing corners (i.e. inner elbow). Put tissues in trash and then wash hands.
- Use a designated, multi-purpose water bottle that is properly labelled for personal use only. Wash it regularly and do not share it!

CLASSROOM NEEDS

Classrooms and other areas of the school need Lysol, Clorox wipes, and hand sanitizer.

