

# Keep Flu Out Of School



## Everyday Preventive Actions That Can Help Fight The Flu

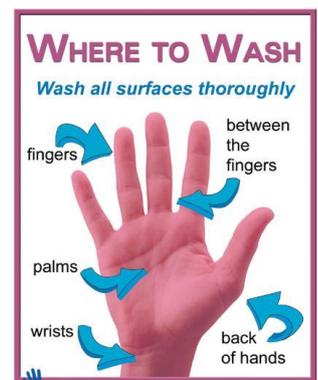


### How does the flu spread?

Flu viruses spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Flu viruses also may spread when people touch a surface or object that has flu virus on it and then touch their own mouth, eyes or nose. Many other viruses spread these ways too. People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5-7 days after becoming sick. That means you may be able to spread the flu to someone else before you know you are sick as well as while you are sick.

### What can you do?

- **wash your hands** with soap and water:
  - especially before eating and after touching germ hotspots (such as keyboards, doorknobs...)
  - scrub all over including the back of your hands, between fingers, and around nails, for about 20 seconds, about the time it takes to sing the *Happy Birthday* song twice
  - then rinse well in warm water, dry with a paper towel, and use the towel to turn off the water
  - if soap and water are not available use a hand sanitizer
- **carry tissues and hand sanitizers**
- **cover your nose and mouth with a tissue when you cough or sneeze:**
  - sneeze into a tissue and throw it in the trash right after, then wash your hands
  - otherwise, cough or sneeze into crook of your elbow, not your hands
- **avoid touching** your eyes, nose and mouth because germs spread this way
- **avoid close contact with people who are sick**
- **stay home when you are sick**
- **routinely clean frequently touched objects and surfaces**, including doorknobs, keyboards, and phones, to help remove germs
- **keep backpacks clean**
- **avoid sharing at school**, especially food, drinks, pencils, sharpeners, lipsticks...
- **build your immunity:** get plenty of sleep, be physically active, manage your stress, drink plenty of water, and eat nutritious food
- **open the classroom windows during the breaks**



Everyday preventive actions can help slow the spread of germs that can cause many different illnesses and may offer some protection against the flu.