

A Message from the Lowndes County School Nurses:

PARENT TIPS: COLD & FLU PREVENTION

Wash Your Hands: The most important thing you and your child can do to prevent disease spread is **wash your hands with soap and water**, the CDC says. If soap and clean water are not available, use an alcohol-based hand sanitizer product.

Cover Coughs and Sneezes: Viruses spread mainly by droplets, so cover your **cough or sneeze with your arm or elbow**, not your hand. Children can learn very early to do this.

Don't Touch Your Face: Instruct your children to **keep their hands off their face**. Germs enter the body through the eyes, nose and mouth.

Stay Home if You Are Sick: If your child awakens with vague complaints (the way cold and flu begins), it is wise to observe your child at home for an hour or two before deciding whether to bring your child to school. **Keep your child at home until fever is less than 100.0 degrees for 24 hours without the use of fever reducing medications such as Tylenol or Ibuprofen to prevent the spread of infection to others.** Keep your child home if they **vomited** or had **diarrhea** prior to school since chances are high they will become sick again. A child who has started antibiotics needs to be on the medication for **48 hours** before being considered non-contagious and able to return to school.

Get a flu vaccine: The best way to protect against the flu is to get a flu vaccine annually. (A new flu vaccine is made each year to protect against the three flu viruses that research indicates are most likely to cause illness during the next flu season.)

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