DATE: September - 2010

SUBJECT: PREVENTION OF COLDS AND FLU

We can all help to slow the spread of colds and flu this season, and maintain student and staff attendance by following a few simple rules ourselves, and reminding children to:

- Wash their hands often with soap and water, especially after they cough or sneeze, before eating, and after using the restroom. If water is not available, an alcohol-based hand cleaner is a good alternative.

- Cover their noses and mouths with a tissue when they cough or sneeze, and throw away the tissue after they use it. If a tissue is not available, use their sleeve, or the inside of their elbow to cover their nose and mouth.

- Avoid touching their eyes, nose or mouth as much as possible, and do not share food, drinks, chap stick, etc. Germs often spread this way.

In addition to these reminders, health experts recommend that everyone, including children from age 6 months to 18 years, receive flu vaccination.
Please check with your primary care physician regarding the availability of flu vaccine. Additional information about the flu and where to receive a flu shot in your community can be found through the following links:

http://www.scph.com

http://www.flucliniclocator.org

http://www.cdc.gov/flu/