



Students: Spread the Word Not the Flu

Here's What You Can Do To Help Stay Healthy

- **Wash your hands often** with soap and water. Be sure to take the time to thoroughly wash your hands.
- **Use a hand sanitizer to wash your hands when soap and water are not available.** Have your parents give you a small container of hand sanitizer for your personal use only.
- **Do not share objects.** Flu germs spread quickly. It is very important not to share objects such as cell phones, MP3's, players, combs, brushes, cosmetics, food, clothing, etc. with others.
- **Stay home when you are ill.** Let your parents know when you first feel ill. Staying home right away will help you get better sooner. Plan in advance for how you can keep up with your studies via friends, email, Learning Point, and your teacher.