

Flu Season

For businesses and schools the Flu Season takes a tremendous toll. It is important to take whatever steps necessary to protect ourselves and our students from the Flu Virus.



chances of exposure and catching the Flu.

We all know the symptoms characterized by fever, headache, fatigue, chills, cough, sore throat, and aching muscles; vomiting and diarrhea may occur but are not as common. The Flu Virus is spread from person-to-person by airborne droplets most likely during the first 1-3 days from when the symptoms first appear. However, sometimes people can be contagious even before their symptoms appear. There are several generally accepted ways to decrease the

Tips for Students

- **Encourage parents and students to take flu symptoms seriously. If students are experiencing flu symptoms, they should be kept at home.**
- **Encourage students to cover their mouth and nose with a tissue when coughing or sneezing.** A little "reminder" and perhaps instruction on how to "catch your cold in your elbow" would be timely. Have students immediately and properly dispose of each soiled tissue.
- **Instruct students not to share items that may be contaminated with saliva such as beverage containers.**
- **Encourage students to also wash their hands regularly with soap and water.**



Tips for Employees

IF YOU ARE EXPERIENCING FLU SYMPTOMS, STAY AT HOME.

- **Cover your mouth and nose with a tissue when you cough or sneeze. If no tissue is available "catch your cold in your elbow" by covering your mouth and nose with the crook of your arm and sneezing into your shirt sleeve.**
- **Wash your hands often with soap and water.** The important points here are to wash your hands as often as practical, certainly after suspected exposures, and to use soap, rubbing your hand vigorously for 10-15 seconds.
- **Avoid touching public fixtures** such as bathroom door handles and fixtures. Use a paper towel for handling these items, and then dispose of it immediately and properly.
- **Avoid touching your eyes, nose, and mouth** to prevent exposing yourself to germs picked up from contaminated objects or surfaces.
- **Consider receiving a flu vaccination.** Consult your doctor or health care provider to learn if you are in a high-risk group.