

# A Healthy Start to the 2019-2020 School Year!

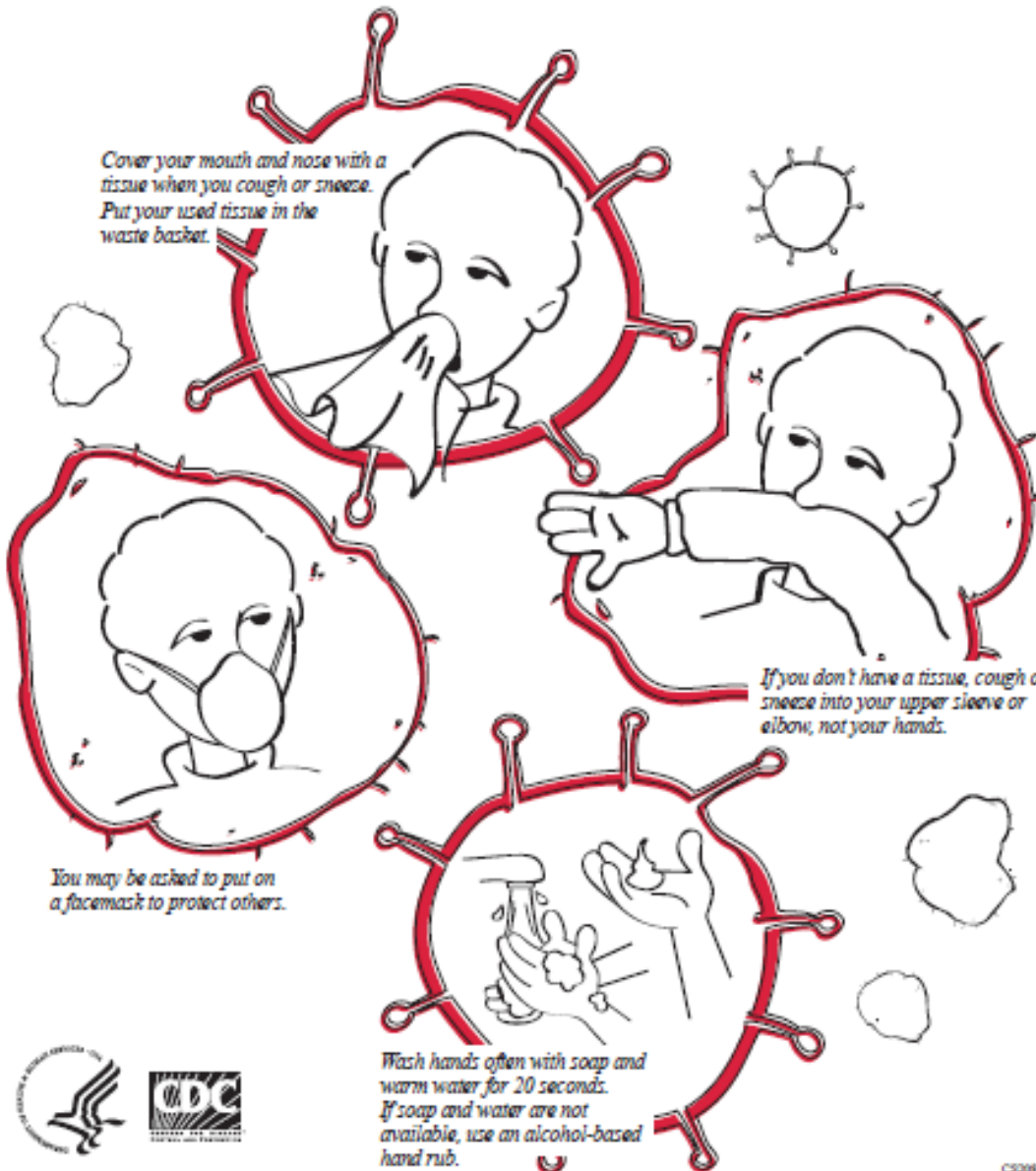
By Heather Norman, CPPS District Nurse

Now that the school year is upon us, germs are spreading! Sadly, it is not too long before flu season starts. Let's start this school year off with healthy habits that will lead us into a healthier flu season.

## Cover Cough

— Stop the spread of germs that can make you and others sick! —

*Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.*



*If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.*

*You may be asked to put on a facemask to protect others.*

*Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.*



Remember to follow these four easy steps to help prevent the spread of germs this season:

## Action Steps for Parents to Protect Your Child and Family from the Flu this School Year

The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

1. **Get your family vaccinated** for seasonal flu and H1N1 flu.
2. **Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
3. **Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand rubs are also effective.
4. **Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.

<https://www.cdc.gov/h1n1flu/schools/toolkit/pdf/schoolflutoolkit.pdf>



For more information, visit [www.flu.gov](http://www.flu.gov), or call 1-800-CDC-INFO for the most current information about the flu.

As always, please reach out if you have any questions, concerns, or needs. I look forward to hearing from you!

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