

Protect Yourself, Your Family, and Community

The Following information is taken from: <http://www.cdc.gov/flu/>

Stay informed.

Health officials will provide additional information as it becomes available.

Visit the [CDC H1N1 Flu website](http://www.cdc.gov/flu/).

- Cover your nose and mouth with a tissue when you cough or sneeze.
Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze.
Alcohol-based hand cleaners* are also effective.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.



If you are sick with a flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of fever-reducing medicine.)
Keep away from others as much as possible. This is to keep from making others sick.

If you are sick and sharing a common space with other household members in your home, wear a facemask, if available and tolerable, to help prevent spreading the virus to others. For more information, see the [Interim Recommendations for Facemask and Respirator Use](#).

Learn more about how to take care of someone who is ill in "[Taking Care of a Sick Person in Your Home](#)"

Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures. If you don't have one yet, consider developing a family emergency plan as a precaution. This should include storing a supply of extra food, medicines, and other essential supplies. Further information can be found in the "[Flu Planning Checklist](#)".

From: <http://www.cdc.gov/cleanhands/>

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.

When washing hands with soap and water:

Wet your hands with clean running water and apply soap. Use warm water if it is available.

Rub hands together to make a lather and scrub all surfaces.

Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!

Rinse hands well under running water

Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet

Remember: If soap and water are not available, use alcohol-based gel to clean hands.

When using an alcohol-based hand sanitizer:

Apply product to the palm of one hand. Rub hands together

Rub the product over all surfaces of hands and fingers until hands are dry.

When should you wash your hands?

Before preparing or eating food. After going to the bathroom. After changing diapers or cleaning up a child who has gone to the bathroom. Before and after tending to someone who is sick. After blowing your nose, coughing, or sneezing. After handling an animal or animal waste. After handling garbage.

Before and after treating a cut or wound.

Thank you for your partnership in keeping our students and school healthy and safe.