

## INFLUENZA HEALTH TIPS

The Center for Disease Control and Prevention provides information and tips for stopping the spread of germs at home, work and school at their website: <http://www.cdc.gov/germstopper/>

Information for parents and school staff:

Protect yourself against the spread of the flu and other germs and viruses:

- The main way illnesses like the flu and the common cold spread is by tiny droplets sprayed into the air when someone coughs or sneezes. Cover your nose and mouth with a tissue or your upper sleeve when coughing or sneezing. Throw away used tissues immediately.
- Wash hands thoroughly and often. That means using soap and warm water and washing for 20 seconds. Use alcohol-based hand sanitizers when hand washing is not possible.
- Avoid touching your eyes, nose, or mouth. Germs are often spread when you touch something contaminated with germs. Germs can live for two hours or more on surfaces like doorknobs, desks or chairs.
- Avoid close contact with those who are sick.

If you do come down with a cold or the flu, take these steps to get well:

- Wash your hands often.
- Stay home and keep your distance from others to protect them from getting sick, too.
- Get plenty of rest.
- Drink lots of fluids like water, tea, broth or juice.
- Take acetaminophen or ibuprofen as needed for pain or fever.
- Use a vaporizer or saline drops to relieve congestion.

For more information call your healthcare provider or visit Virginia Department of Health Web site: [www.vdh.virginia.gov/PandemicFlu](http://www.vdh.virginia.gov/PandemicFlu)