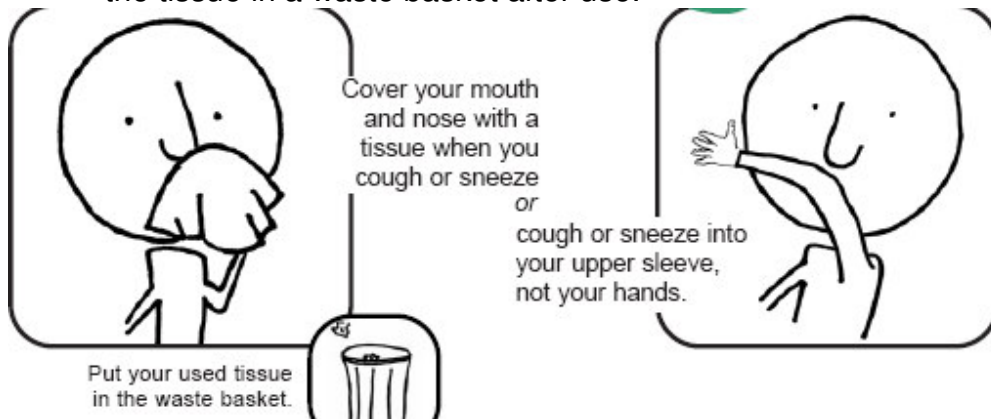


ADAMS COUNTY HEALTH DEPARTMENT

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Educators, staff, and parents can help slow the spread of colds and flu. Here is information on preventing the flu.

- **Remind people to cover their nose and mouth** with a tissue when they cough or sneeze, and throw the tissue in a waste basket after use.



- **Wash hands often with soap and water**, especially after coughing or sneezing, to help protect from germs. Wash your hands for 15-20 seconds (sing happy birthday to yourself twice). If water is not near, use an alcohol-based hand cleaner.
- **Do not to touch your eyes, nose, or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Make sure that tissues are available** in rooms, and common areas such as reading rooms, classrooms, and rooms where meals are provided. (Teachers should have students bring a box of tissues for the class room)
- **Observe closely for symptoms of respiratory illness.** if a child develops a fever (100°F. or higher under the arm, 101°F. orally) and chills, cough, sore throat, headache, or muscle aches, **he/she should be sent home**, and parents advised to contact the child's doctor. There are antiviral treatments for the flu that reduce its effects and keep others safer when given early enough.
- **Parents of sick children should keep their children home until the children have been without fever for 24 hours.** Similarly, sick staff should stay home.
- **Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick too.