

FLU PREVENTION TIPS and INFORMATION

The Weeping Water Public Schools would like to provide this information to the parents regarding the present problems associated with the H1N1 flu virus. The district has been disinfecting rooms on a weekly basis throughout the flu season. We are also using disinfecting spray and Clorox wipes to clean surfaces that our students regularly touch like door knobs, hand rails, desk tops, keyboards, water fountains, etc... We also have liquid hand sanitizer in every room and recommend that they wash their hands with soap for at least 20 seconds multiple times during the day. If your child is showing flu like symptoms, please keep them at home and contact the school. For more information on the H1N1 flu virus, please go to the Center for Disease Control website at www.cdc.gov. The **single best way to prevent the flu is to get vaccinated** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are [flu antiviral drugs](#) that can be used to treat and prevent the flu. Recommendations are:

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Also contact your family physician.

3. Cover your mouth and nose.

Cover your mouth and nose when coughing or sneezing. This prevents the spreading of germs. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs. Wash your hands with soap for at least 20 seconds to kill germs.

5. Avoid touching 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.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.