

FLU PRECAUTIONS

The North Little Rock School District would like to provide you with tips to help keep your family healthy during flu season. Health officials remind us of these **tips** which are common sense and practiced daily, but are the best defense to keep yourself and your family well:

1. Wash your hands frequently
2. Use a tissue to cover your nose and mouth when sneezing or coughing
3. Avoid touching your eyes, nose or mouth
4. Avoid physical contact with anyone who displays symptoms

Influenza Symptoms include:

- fever
- cough
- sore throat
- chills
- fatigue
- body aches
- vomiting
- diarrhea

If your child exhibits any of these symptoms, please DO NOT send him or her to school, just as a precautionary measure and to ensure that others do not become sick as well.

In our schools we have implemented a daily routine to emphasis **frequent hand washing** and **using hand sanitizer** when entering a room. The district works closely with the Arkansas Department of Health and the CDC and follows instructions from these two institutions when a flu outbreak occurs.