

Preventing the Flu: Good Health Habits Can Help Stop Germs

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.

Stay home from work, school, and errands when you are sick. Keep sick children at home. You will help prevent others from catching the illness. If staff or students develop flu symptoms while at school, they may be given a mask to wear until they can leave school grounds.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing, throw the tissue away, and wash your hands. If you do not have a tissue, consider using your sleeve. “Why Don’t You Do It In Your Sleeve” video can be viewed at: <http://www.coughsafe.com/media.html>

4. Wash your hands often.

Washing your hands and the hands of your children often will help protect you from germs. Alcohol-based, hand sanitizers are also effective, students and staff may bring their own supply to school for individual use only.

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.

When to keep your child home:

See [Attendance, Health, and Safety Guidelines](#) page.

When to go to the doctor or hospital?

For minor flu symptoms, contact your health care provider for advice. If your child has any of the following warning signs, fast breathing or trouble breathing, bluish or gray skin color, not drinking enough fluids, severe or persistent vomiting, not waking up or interacting, being so irritable the child does not want to be held, flu-like symptoms improve but then return with fever and worse cough or adults with shortness of breath, chest pain or pressure, sudden dizziness, confusion, severe or persistent vomiting, seek emergency care immediately.

For additional information, contact the Centers for Disease Control and Prevention at 1-800-CDC-INFO, online at <http://www.cdc.gov> ; the Colorado Department of Public Health and Environment at <http://www.cdphe.state.co.us/> or the Colorado Help Line at 1-877-462-2911. If you have specific questions about district procedures, visit the district Web site at www.thompsonschoools.org. The Thompson School District is in direct contact with the Colorado Department of Public Health and Environment (CDPHE).

Thank you for your cooperation in keeping our children and our schools healthy.