

Flu Prevention Tips

Please go over the following information with your students. You have Sani-wipes and hand sanitizer available for you and your students to use in your classroom. You may use them to wipe your phone, door handles, and any other “heavy traffic” areas.

Prevention: Protecting yourself from infections

- **Wash your hands.** Careful hand washing remains your best defense against germs. Scrub hands briskly for at least 15 seconds, then dry them with a disposable towel and use another towel to turn off the faucet. Carry a small bottle of hand sanitizer containing at least 62 percent alcohol for times when you don't have access to soap and water.
- **Keep personal items personal.** Avoid sharing personal items such as towels, sheets, razors, clothing and athletic equipment
- **Keep wounds covered.** Keep cuts and abrasions clean and covered with sterile, dry bandages until they heal. Keeping wounds covered will help keep the bacteria from spreading.
- **Shower after athletic games or practices.** Shower immediately after each game or practice. Use soap and water. Don't share towels.
- **Sanitize linens.** If you have a cut or sore, wash towels and bed linens in a washing machine set to the "hot" water setting (with added bleach, if possible) and dry them in a hot dryer. Wash gym and athletic clothes after each wearing.
- **Get tested.** If you have a skin infection that requires treatment, ask your doctor for advice
- **Use antibiotics appropriately.** When you're prescribed an antibiotic, take all of the doses. Don't stop until your doctor tells you to stop. Don't share antibiotics with others or save unfinished antibiotics for another time.

Prevention: Protecting yourself from the flu

- **Wash your hands.** Thorough and frequent hand washing is the best way to prevent many common infections. Scrub your hands vigorously for at least 15 seconds, rinse well and turn off the faucet with a paper towel. Or use an alcohol-based hand gel containing at least 60 percent alcohol.
- **Eat right, sleep tight.** A poor diet and poor sleep both lower your immunity and make you more vulnerable to infections. A balanced diet that emphasizes fresh fruits and vegetables, whole grains, and small amounts of lean protein works best for most people. On the other hand, the amount of sleep needed for a healthy immune system varies from person to person. In general, adults seem to do best on seven to eight hours of sleep a night. Older children and teens need more rest — between nine and 10 hours every night.
- **Exercise regularly.** Regular cardiovascular exercise — walking, biking, aerobics — boosts your immune system. Exercise won't prevent every infection, but if you do come down with the flu, you may have less-severe symptoms and recover more quickly than do people who aren't as fit.