



# It's FLU Season

## FLU Prevention

- ✓ Get your flu shot
- ✓ Wash your hands frequently
- ✓ Avoid people who appear sick
- ✓ Cover your mouth when you cough or sneeze
- ✓ Practice healthy habits ( eat a balanced diet, drink lots of water, get plenty of rest)
- ✓ Stay home if you are sick

## Please keep your student home from school if

- Fever of 101 degrees or higher
- Actively vomiting
- Unmanageable diarrhea
- Persistent sore throat and/or cough
- Unexplained rash
- If diagnosed with a contagious disease and have not been cleared by their doctor (ex. pink eye, strep, flu, viral/bacterial pneumonia)
- Remember there are students with compromised immune systems in every school, please take this into consideration

