

Fight the Flu



1. Get your Flu Shot

CDC recommends Flu Shot for everyone over 6 months old



2. Cover your cough

Cough into your elbow - NOT YOUR HANDS

3. Wash your HANDS OFTEN!



4. *STAY HOME IF YOU ARE SICK*

If your child has fever or other flu-like symptom

(cough, headache, chills, sore throat, body aches, fatigue, vomiting, or diarrhea)

DO NOT SEND HIM/HER TO SCHOOL

Please take your student to the doctor for diagnosis and treatment

CDC recommends student stays home for at least 24 hours after his or her fever is gone!

It is NEVER ok to medicate your child to mask symptoms and then send them to school – this will only spread germs to other students!

Thank you! Mary Romans RN