

## Advice from the Health Office and the C.D.C.

### Everyday Preventive Actions to Stop the Spread of Germs

Everyday preventive actions are steps that people can take to help slow the spread of germs that cause respiratory illness, like flu. They are not a substitute for vaccination. These include the following personal and community actions\*:

- Try to avoid close contact with sick people-this is called social distancing-usually double your arms length around a sick person.
- If you get sick with a respiratory illness, like the flu, limit contact with others as much as possible to help prevent spreading illness.
- You should always seek medical attention for worsening or persistent symptoms.
- You should always notify your doctor when you have a temperature and get their medical advice-not from the internet or a friend.
- A temperature of 100.5\* (Fahrenheit) and above is considered a fever.
- You should stay home for at least 24 hours after a fever.
- You need to be fever free naturally-that means not taking a fever reducing medicine that only masks your temperature.
- If you use a fever reducer you are still sick, still contagious, and are still capable of spreading any illness.
- If you suspect you have the flu, you need to be seen by your doctor as soon as you notice the symptoms. The antiviral is less effective if you have had the symptoms for 48 hours or more.
- Flu symptoms vary. The most common symptoms are; *fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea.*
- Cover your nose and mouth with a tissue or in the bend of your arm when you cough or sneeze. This will block the spread of droplets from your mouth or nose that could contain germs.
- Germs enter though open passages such as your eyes, nose and mouth and even broken skin. Wash your hands often with soap and water especially before and after eating. Avoid biting your nails or rubbing eyes.
- If soap and water are not available, use an alcohol-based hand rub.

Let's all do our part to prevent the flu from coming into our school.

*Caroline Bormann RN BSN*

\*Information modified from Center of Disease Control and Prevention website: [www.cdc.gov](http://www.cdc.gov) found under "the Flu continues".