



COLD & FLU SEASON

We are starting to see more incidents of illness as we officially enter the cold and flu season. As always, our number one concern is the health and welfare of our students and staff. Making healthy choices at school and home can help prevent the spread of illnesses. Please follow the healthy tips listed below:

- **Wash your hands** - *cold and flu germs, as well as those associated with stomach viruses are easily transmitted through indirect contact. It is very important to wash your hands frequently throughout the day.*
- **Do the ELBOW Cough** - *Since viruses cling to your bare hands, you can reduce the spread of viruses by perfecting the art of the elbow cough. When you cough, simply cover your face with your entire elbow. It's also an easy technique to teach kids.*
- **Drink plenty of Water** - *Water can help strengthen your immune system, keeping the flu at bay.*
- **Stay home if you are sick** - *while we **always** want your child at school, sometimes it is necessary for you to keep them at home, such as in the case of a fever or vomiting.*

Mason County Schools do not discriminate on the basis of sex in admission to or employment in the education programs or activities it operates.

Any recipients concerned with the application of Title IX and its implemented regulations should contact:

Title IX Coordinator, Greta Stanfield, 504 Coordinator – Mason County Board of Education Office – (606) 564-5563

“An equal education and equal employment institution.”