

Suggestions for Staying Healthy During Flu Season

It's important for your child to stay healthy during the colds and flu season. Please follow the recommendations below from Kaiser Permanente and Center for Disease Control:

- **Get a flu shot.** The Advisory Committee on Immunization Practices (ACIP) recommends that all persons, including school-aged children, should be vaccinated
- **Wash your hands often.** Hand washing is the most important thing you can do to keep from getting and spreading colds and the flu. Using just plain soap and warm water is as effective as using antibacterial products. Use an alcohol-based hand gel (such as Purell) when there is no running water.
- **Cover your cough.** Cold and flu viruses are spread by airborne particles. Cough and sneeze into your sleeve or a tissue instead of your hands, if possible. If you do use your hands, wash them as soon as you can and discard the tissue in a trash can immediately after use.
- **Avoid touching your face.** Cold and flu viruses are often spread by touching something or someone that is contaminated with germs and then rubbing your eyes or nose, or touching your mouth.
- **Clean surfaces** (such as counter tops, telephones, toys, cups, bathroom sinks) that sick children or adults may have contaminated.
- **Don't smoke or have your child be exposed to second hand smoking.** Smoking makes you more susceptible to colds and flu and it weakens your ability to fight it off.
- **Stay healthy.** Eat a healthy diet and exercise to keep your immune system working its best.
- **Get plenty of rest.** Sleep helps build your body's natural defenses for fighting off infection.
- **Reduce stress. Chronic stress can compromise your immune system.**
- **Keep your child at home** for at least 24 hours after a fever (without the aid of a fever suppressant), and do not send your child to school who has vomited in the morning or the night before.