

# Healthy Habits



## Staying healthy during cold and flu season

These tips are good to follow during the typical flu season and will help you stay healthy if a more virulent or dangerous flu emerges in the community.

- Keep your distance. Avoid close contact, maintaining personal space to avoid getting germs from others or sharing your germs with them.
- Don't share personal items (toothbrushes, towels, utensils, etc.).
- Stay home when you are sick and keep children home from school when they are ill.
- Wash your hands frequently.
- Sneeze and cough into your elbow or cover with a tissue. In other words, keep germs off your hands. And put used tissues in a wastebasket. Wash hands after you cough or sneeze.
- Keep "germy" hands away from eyes, nose, and mouth.
- Practice good health habits... Get enough sleep, eat a good diet, be physically active, drink plenty of fluids (especially water), manage stress, and get fresh air... every day.
- Make sure your diet is balanced, with lots of fruits and vegetables, especially dark green, red, and yellow vegetables, and a variety of fruits.
- Get flu shots to protect against seasonal flu. The CDC strongly recommends flu vaccinations for both children and adults. Vaccine typically is available in the fall.
- Get a pneumonia shot to prevent secondary infection if you are over the age of 65 or have a chronic illness such as diabetes or asthma.

## What are the symptoms of flu?

Symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, and sometimes vomiting and diarrhea. Some people with the flu will not have a fever.

## Can my child go to school if he or she is sick?

No. Your child should stay home to rest and to avoid giving the flu to other children or others at school.

## When can my child return to school after having the flu?

Keep your child home from school for at least 24 hours after his fever is gone. (Fever should be gone without the use of a fever-reducing medicine.) A fever is defined as 100°F (37.8°C) or higher.

# Useful information to keep on hand.

## Communication between Gwinnett County Public Schools (GCPS) and parents and staff

School system officials have been working and will continue working with the Public Health officials to prepare for and, if needed, to respond to any public health issue. Information we receive that affects students, employees, or school operations will be shared via the district's website, through local schools, and on GCPS-TV.

## What should my family do to prepare?

**Be Aware.** Stay informed about seasonal flu and other health concerns by watching the news, reading newspapers and visiting local, state and federal web sites.

**Be Prepared.** Preparing now could help during a public health emergency.

**Be Healthy.** Be conscious how your choices affect your health. Habits are critical to limiting the spread of disease.

## Stay tuned, be informed

- Tune into **GCPS TV** on these cable network providers:
  - **AT&T U-verse...** Listed under Local Government;
  - **Charter...** Channel 180;
  - **Comcast...** Channel 24 or 26 (depending on location, now digital)
- Subscribe to **GCPS' e-mail newsletter** on the website.
- Visit our **website** at [www.gwinnett.k12.ga.us](http://www.gwinnett.k12.ga.us)

**Be informed.  
Be prepared.  
Be healthy.**



Prepared by Gwinnett County Public Schools  
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