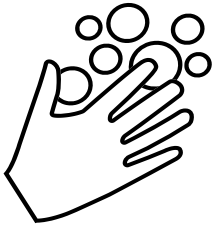


# Protect Against Respiratory Illness

EVERYDAY PREVENTIVE ACTIONS CAN HELP SLOW THE SPREAD OF GERMS THAT CAN CAUSE MANY DIFFERENT ILLNESSES

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## **WASH HANDS**

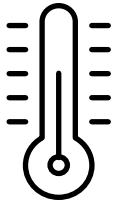
- Wash hands regularly, including throughout the school day, when you get home from school, after using the restroom, and before meals.
- Wash with soap and warm water, and physically scrub for at least 20 seconds.
- Hand sanitizers are not an adequate replacement for proper hand washing with soap and warm water. You can use alcohol-based hand sanitizers in addition to hand washing, but they are not as effective at removing germs as washing hands.

## **COUGH ETIQUETTE**

- Cover your cough or sneeze with a bent arm or tissue, then throw the tissue in the trash
- Wash hands

## **AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH WITH UNWASHED HANDS TO STOP GERM SPREAD**

## **AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK**

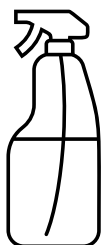


## **STAY HOME WHEN YOU ARE SICK**

- If you or your child get sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone, except to get medical care or other necessities.
- Wear a mask if you must leave home

## **CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS AND SURFACES**

- The flu virus can live on some surfaces for up to 48 hours.
- Respiratory illnesses like influenza are relatively fragile, so standard cleaning and disinfecting practices are sufficient to remove or kill them.
- Focus cleaning/disinfection on frequently touched surfaces
  - Desks and classroom furniture
  - Light switches, doorknobs, handles, railings
  - Computer keyboards, mice and phones
  - Hands-on learning items, toys
- Always follow label directions on cleaning products and disinfectants. Wash surfaces with a general household cleaner to remove germs. Rinse with water and follow with an EPA-registered disinfectant to kill germs. Read the label to make sure it states that EPA has approved the product for effectiveness against influenza virus.





## **RECEIVE INFLUENZA VACCINATION TO HELP PREVENT FLU**

- Receive a seasonal flu vaccine every year. Vaccinated people who still become ill will have less severe symptoms for a shorter duration than those who are unvaccinated and become ill.
- Seasonal flu vaccination is recommended for everyone 6 months of age and older without specific contraindication to the flu vaccine.
- You should get the vaccine in early fall, preferably by the end of October
  - If you haven't received vaccination by this point, it's not too late.
  - Vaccination is recommended throughout flu season, even into January and later.
- Vaccines are commonly offered at doctors' offices, clinics, health departments, pharmacies, and college health centers.
- It generally takes around two weeks after vaccination for antibodies to develop and for full protection against influenza infection.
- Getting vaccinated can also protect vulnerable people around you, such as babies, young children, the elderly, and those with certain chronic health problems.