

TIPS TO HELP YOU AND YOUR FAMILY STAY HEALTHY THIS FALL

As the summer months pass and families prepare for the start of another school year, our school district, our medical advisor and our area health districts are already busy preparing for the seasonal flu. Although vaccination is a great way to help protect against the flu, it is important for all of us to remember that there are other things we can do to practice prevention. The following health tips will go a long way to help keep us from getting sick with the seasonal flu. These good practices will have the added benefit of keeping us from getting the common cold, “the stomach bug” and other various inconvenient sicknesses.

- Wash your hands. Use **warm** water and soap and **scrub** hand fronts and backs including fingernails for a minimum of twenty seconds. Hand sanitizer is a good backup if you don't have access to soap and water. **This is the single most effective action you can take to stay well.**
- Cover coughs and sneezes with a tissue or with your elbow, not with your hand. If you do cough into a tissue or into your hand wash your hands immediately.
- **STAY HOME IF YOU ARE FEELING ILL. THIS INCLUDES SCHOOL STAFF. PARENTS NEED TO KEEP THEIR CHILDREN HOME IF THEY ARE SICK.** As a parent, I know this difficult because of work commitments. If you have not already done so, I urge parents to reach out to family and friends who may be able to be a back up if you are unable to stay home with a sick child.
- Call your health care provider (or your child's health care provider) if you or your child has a fever above 101 degrees Fahrenheit with a cough and/or sore throat or if any illness does not improve or if the symptoms worsen.
- Eat healthy food; drink plenty of water, 100% juice and other beverages that keep you hydrated. Limit caffeine, soda and other sugary drinks.
- Get enough sleep. Parents, make sure your child stays rested.
- Get fresh air and exercise each day. This helps the immune system, and helps with the quality of sleep.

**Pass on these important health safety tips to your friends and family!!!
Keeping each other healthy, keeps our community healthy!!**