

FLU IN SCHOOL

Preventing the flu is a joint effort in schools. Students, parents, and staff need to take the necessary precautions to stop the flu from circulating.

Prevention is key to success. But if you or your child or teen still comes down with the flu, there are important steps to take to stay healthy and keep others from getting the virus.

- **Wash your hands often**
- **Don't share personal items**
- **Cover coughs and sneezes**
- **Stay healthy**

Another key way to prevent the flu and other common viruses is to keep your immune system strong and healthy.

When to stay home

You or your child should stay home from school at the first signs of a flu infection. These signs and symptoms include:

- Fever over 100°F (38°C)
- Muscle aches
- Fatigue
- Loss of Appetite
- Chills
- Vomiting
- Headache
- Stuffy nose