

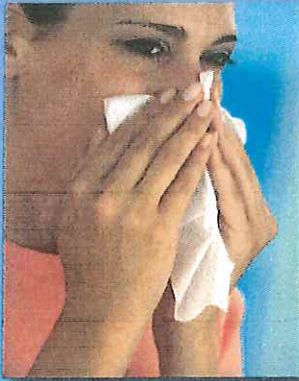
Prevent Colds & Flu



Wash Your Hands!!!

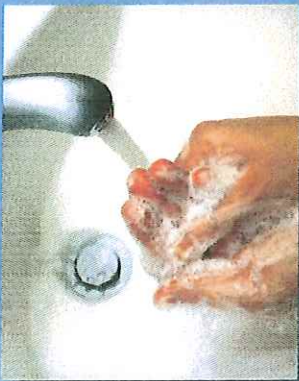
- Use warm water and soap
- Rub hands vigorously for 20 seconds
- Wash palms, backs, under fingernails, between fingers, and wrists
- Rinse off all soap
- Dry hands with paper towel
- Use the paper towel to turn off water tap
- Use the paper towel to open bathroom door

Prevent the Spread of Colds and Flu



Cover Coughs and Sneezes

- ◆ Use tissues – not your hands – to cover coughs and sneezes
- ◆ Throw tissues away and wash your hands immediately
- ◆ If you don't have a tissue, cough or sneeze into your sleeve



Wash Hands Frequently

- ◆ Wet with warm water and add soap
- ◆ Scrub for 20 seconds
- ◆ Rinse well and dry with a paper towel
- ◆ Use paper towel to turn off faucet and to open bathroom door
- ◆ Use alcohol-based hand sanitizer if soap and water are not available



Keep sick people away from healthy people

- ◆ Stay home if you are sick
- ◆ Stay away from sick people
- ◆ Avoid crowds during flu season



Clean commonly shared items

- ◆ Phones, toys, light switches, remote controls, toilet handles, doorknobs, faucets, etc.

and Get Your Flu Vaccine!



For more information visit: www.nj.gov/flu

When Should Children Stay Home From School?



When the Child:

- ❖ Seems ill
- ❖ Is not able to comfortably participate in school activities



- ❖ Is sweaty (when the weather is not hot)
- ❖ Has a fever



- ❖ Coughs or sneezes more than usual
- ❖ Has pain in ears, throat, head or chest



- ❖ Has thrown up in the past 12 hours
- ❖ Has had diarrhea two or more times in the past 24 hours

**Check with your child's school
for their stay home policy.**

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