



## TIPS FROM YOUR SCHOOL NURSE FOR PROTECTING YOURSELF AGAINST THE FLU VIRUS

Don't let the flu stand in the way of your school work, sports, extracurricular activities and social life. Follow these tips to protect yourself:

### 1 COMMON SENSE CAN HELP YOU – AND YOUR FRIENDS – AVOID THE FLU

Group gatherings like football games, school dances, and even classrooms are ideal places for the flu bug to spread. Protect yourself and others by following these simple steps:

- **Practice Healthy Habits** – Wash your hands often with soap and warm water for at least 20 seconds to help prevent germs from spreading. Also, avoid touching your eyes, nose and mouth, because the virus can spread when your hands touch surfaces that are infested with germs. Finally, if you think you've been exposed to the flu, talk to your parents about seeing a doctor.
- **Mind Your Manners** – Cover your mouth and nose with a tissue when coughing and sneezing, and throw away your used tissues.
- **What's Mine is Mine, What's Yours is Yours** – Don't share drinks, water bottles, eating utensils or cell phones with friends.

### 2 IF POSSIBLE, GET A FLU SHOT

Many children are at higher risk for complications from the flu. Talk to your school nurse and parents about whether a flu shot is best for you.

### 3 IS IT COLD OR FLU? – KNOW HOW TO TELL THE DIFFERENCE

- If you have a stuffy nose, sneezing, sore throat and a hacking cough, you probably have a **COLD**.
- If you have a high fever, severe headache, muscle and body aches, extreme tiredness and a dry cough, you probably have the **FLU**.

### 4 WHAT TO DO IF THE FLU CATCHES UP WITH YOU

If you do get the flu, you don't have to suffer:

- **Talk to Your Parents About Seeing a Doctor** If you have flu symptoms, talk to your parents about staying home from school. Your doctor may decide to prescribe an antiviral medication, which can shorten the number of days that you're sick.
- **Talk to Your School Nurse** – If you think you might have the flu while at school, visit your school nurse. Together, you can discuss your symptoms. If the nurse thinks you could possibly have the flu, he/she can notify your parents and request that you see a doctor.