



MOUNTAIN BROOK SCHOOLS

effective • challenging • engaging

FLU and VIRUS

- ◆ Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
- ◆ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ◆ Avoid close contact with people who are sick.
- ◆ Stay home when you are sick. Do not return to activity until you are fever free for 24 hrs. without the use of fever reducing medication (100.4).
- ◆ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ◆ Clean and disinfect frequently touched objects and surfaces.
- ◆ Get a flu vaccine.

Prevention