

## MINGO COUNTY SCHOOL HEALTH SERVICES

Like any flu, disinfection is the key, along with proper hygiene. Here are a few simple suggestions to help protect the health of you and your family.

- Wash your hands often with soap and water; alcohol-based hand sanitizers can also be effective.
- Cover your nose and mouth with a tissue when you cough or sneeze
- Try not to touch surfaces that may be contaminated with the flu virus
- Avoid touching your eyes, nose, or mouth
- Try to avoid contact with anyone who is sick
- If you are sick, limit your contact with others as much as possible. Do not go to work or school if you are ill. This may prevent others from becoming sick.

Please keep sick children at home. Temperatures should be in a normal range for 24 hours without the use of fever reducing medication. Keeping sick children at home may reduce the number of children who get sick.

For further information please contact [www.cdc.gov](http://www.cdc.gov) or [www.flu.gov](http://www.flu.gov).