

# MT. LEBANON SCHOOL DISTRICT INFLUENZA CONTROL MEASURES

TAKE EVERYDAY ACTIONS TO STAY HEALTHY

## Wash your Hands Throughout the Day (Sing the ABC Song)

- After blowing your nose, coughing, or sneezing
- After using the bathroom
- Before and after eating or drinking
- After touching items handled by many people
- After handling garbage/trash
- After being near someone who is ill



## How to Use Alcohol Hand Sanitizers

- Apply product to palm of one hand (1/2 teaspoon)
- Cover all surfaces of hands, fingers, thumbs, wrists
- Allow it to air dry. It should take 25-30 sec. to dry

## Cover your Nose and Mouth

- Cover your nose and mouth with a tissue when coughing or sneezing
- Cough/sneeze into the bend of your elbow, not in your "tissue-free" hand
- Then wash your hands with soap and water or use alcohol sanitizer

## Avoid Touching your Eyes, Nose or Mouth

- Germs can enter your body through your eyes, nose or mouth after you touch something that is contaminated

## Stay Home When you are Sick

- Stay home from school and errands, when you are sick to prevent the spread of disease and help your body heal
- Stay at home for 24 hours after you are fever-free without the use of fever reducing medication. Fever duration is generally 2-4 days.

## Practice Other Good Health Habits

- Get plenty of sleep
- Eat right, exercise, drink plenty of fluids
- Handle and prepare foods safely
- Get immunized