

October 27, 2016

Dear CBRSD Families,

Cold and flu season is upon us!

Here are some tips to practice at home for cold and flu prevention:

- **Get a Flu Shot**
 - Annual flu shots are recommended for all individuals over six months of age
- **Wash Your Hands**
 - This is still the easiest way to prevent colds and the flu! Wash your hands frequently with soap and water or use hand sanitizers when soap and water are not available, to keep germs from spreading. ALWAYS wash hands after going to the bathroom, using a tissue and before and after eating and preparing food.
- **Get Enough Sleep**
 - Sleep helps you and your children stay healthy by keeping your immune systems strong and allowing the body time to repair itself.
- **Keep It Covered**
 - By coughing and sneezing into your upper sleeve, you prevent tens of thousands of airborne virus particles from spreading! If you choose to use a tissue instead, be certain to dispose of it immediately and wash your hands.
- **Avoid Touching Your Face**
 - Germs are easily and quickly spread when someone touches something that is contaminated with germs and then touches their eyes, nose or mouth.
- **Stop Sharing**
 - Do not share eating utensils or drinks with anyone.
- **Change Your Toothbrush**
 - Always change your toothbrush after having a cold or the flu.

If your child has been sick, remember to keep them home until they have been *fever-free without ibuprofen or acetaminophen for at least 24 hours*.

Any questions? Please call your school nurse or your child's PCP.

Thank you for helping our whole CBRSD community stay healthy!

Sincerely,

Barbara L. Westwood, RN, BSN, M.Ed, NCSN, CBRSD School Nurse Supervisor