

Staying Healthy:

What You Can Do to Fight the Flu



Good hand hygiene is the best way to fight the flu. Teach children to wash their hands thoroughly and often.



Fight the flu and other illnesses. If you can't wash your hands keep an alcohol-based hand sanitizer close by.



Teach children to cough or sneeze into a tissue or their sleeve, not their hand. Dispose of tissues immediately.



If children become sick, keep them away from the rest of the group.



Keep commonly touched surfaces and items clean and disinfected.



If you get sick, be sure to keep your distance from others and stay home until you're well.