

HEALTH SERVICES DEPARTMENT



The following prevention tips will help decrease the spread of germs:

Check for symptoms of influenza. (primarily fever with either a cough or a sore throat including nausea/vomiting, and diarrhea)

Keep sick children and individuals' home. stay home for at least 24 hours after the fever is gone except to get medical care or for other necessities.

The fever should be gone without the use of a fever-reducing medicine.

Clean your hands. 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.

Cover your mouth and nose. Cover coughs and sneezes with tissues (throw the tissue in the trash after you use it), or by coughing into the inside of the elbow.

Avoid close contact. While sick, limit contact with others as much as possible to keep from infecting them.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Vaccinate your children and yourself with the seasonal flu vaccine.

If an outbreak of flu or another illness occurs, follow public health advice. This may include information about how to increase distance between people and other measures.

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