

## Advice for Cold and Flu Season

We have been seeing a big increase in illnesses at school recently and are asking for your assistance to help break the cycle.

The most important thing that can be done to stop the spread of these illnesses is to encourage the students to wash their hands, wash their hands, *wash their hands*. If soap and water are not available, then antibacterial hand sanitizers are the next best thing. Students should also cough/sneeze into their sleeves and not into their hands. Once the germs are on their hands, then everything they touch just spreads those germs to everyone who touches it after them.

The second area that parents can help with is to please keep your child home when they are sick. If they have had any vomiting, diarrhea, or fever within the last 24 hours, our school policy states they should remain at home. If he/she returns to school too soon they are still contagious and the spread of disease continues and they are not really productive at school.

Finally, a nutritious diet, adequate oral fluids, and lots of sleep help keep the body's immune system strong. A strong immune system helps fight off the viruses/bacteria before they make you sick.

If you have any questions please contact your clinic.