

CISD HEALTH SERVICES

Healthy Tips for Healthy Kids

- * Wash your hands frequently. Use soap and rub vigorously for 20 to 30 seconds - long enough to sing Happy Birthday.
- * Utilize hand sanitizer if soap and water is not available.
- * Keep your hands away from the Tzone - eyes, nose, and mouth.
- * Cough or sneeze into your elbow to prevent spreading germs.
- * Do not eat or drink after anyone.
- * Notify the school nurse if someone you live with has the flu.
- * Stay home if you have fever higher than 100.4. Return to school after your fever has been gone for 24 hours without having to take Tylenol, Motrin, or Advil.
- * Take the flu vaccine when it becomes available.
- * Eat a balanced diet and drink plenty of water.
- * Get plenty of rest. (8 to 10 hours of sleep per night)
- * See your doctor if you have any symptoms of the flu - high fever, chills, achiness, sore throat, etc.