

PREVENT THE SPREAD OF COLD & FLU



COMMON SYMPTOMS:

- Fever
- Headache
- Dry cough
- Extreme tiredness
- Sore throat
- Runny/stuffy nose
- Muscle aches

REMIND STUDENTS WHEN SNEEZING OR COUGHING TO:

- Use tissue
- Cover his or her nose and mouth
- Put tissue in the trash
- Use proper handwashing

HANDWASHING TECHNIQUES

- Wet hands, apply soap and scrub for at least 20 seconds
- Thoroughly rinse under warm, running water
- Dry hands completely with paper towel. Use paper towel to turn off faucet handles and open restroom doors.

GermS are often spread when a person touches something that is contaminated with germS and then touches his or her eyes, nose, or mouth.

A respiratory **flu virus** is spread when droplets that exit through the mouth and nose of an infected person come in contact with another person.

WHEN CARING FOR AN ILL STUDENT OR STAFF:



- When possible, maintain a 3 foot distance from an ill student
- Clean your hands



- Avoid touching your eyes, nose or mouth



- Wear disposable gloves when in contact with or cleaning up body fluids or when disposing of trash



- Clean and sanitize hard surfaces (e.g. door handles, toilet seats, telephones) especially where ill students have been



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