

The Flu and Your School



1 Hygiene counts

Cover your cough and sneeze with a tissue or your sleeve... NOT your hands!

Did you know you can spread germs when you sneeze or cough into your hands? Why? Because when you touch others and surfaces before washing up, you may spread germs!!

Sing the A-B-C or the Happy Birthday song (2 times) while you scrub to make sure your hands are germ free. Show others how to wash up, right!

2 Flu vaccine works

Being sick from the Flu is no fun for anyone. So what can you do?

Be brave and get vaccinated against the Flu.

When you get a Flu shot or receive Flu mist, you are protecting yourself and everyone around you who the Flu could make REALLY sick.

Do your part! Shots aren't fun but neither is getting the Flu.

3 Sick?? Stay home

Do you feel crummy today? Headache, body aches, fever, sneezing, coughing?

Help keep your school healthy. Stay home when you are sick.

This way you won't spread your illness to your friends and teachers. And, remind your parents and teachers that this goes for them too!

Remember, don't have your friends over to visit until you are all better.

Together, we can STOP the spread!

For more information visit www.dhmh.maryland.gov or call your local health department



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