

Guide for Families January: Flu

Ah Choo! Stay Away From the Flu!

It's flu season! To keep students healthy and in school, our class has been learning about ways to avoid getting the flu.

- The best protection is the flu vaccine. It is available every year for people 6 months of age or older.
- Wash your hands often with soap and water or with an alcohol-based hand sanitizer.
- Cover your nose and mouth when you cough or sneeze. Use a tissue or sneeze into your sleeve instead of your hand.
- Avoid touching your mouth, eyes, or nose.
- Stay away from others who are sick or who have flu symptoms. If you must be near them, follow the other precautions stringently.
- Get plenty of sleep and exercise, keep your stress level low, eat healthy food, and drink plenty of water.

Let's get ready and stay healthy this flu season!



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Quick activities to try at home:

- Post a reminder on this year's calendar to start checking in September to see if the flu vaccine is available. If it's not available yet, move the reminder until it is available and everyone in your family age 6 months or older has been vaccinated.
- Create a family Cough and Sneeze Patrol to remind one another to cover your mouth and to cough or sneeze into a tissue or your sleeve instead of your hand. Call out "Sneeze patrol!" if you see a family member who doesn't follow the guidelines.
- Flu.gov recommends washing your hands thoroughly for at least 20 seconds, about the time it takes to sing "Happy Birthday" twice. Use a timer to find out what other songs, rhymes, or poems last about 20 seconds. Just for fun, make up your own hand-washing song!



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NYC Influenza Information, www.NYC.gov/flu

FLU.GOV, www.flu.gov