



Washington School for the Deaf Nurse Secrets for Staying Well!

How do you get sick?

Sick person coughs or sneezes into their hand -> sick person touches something -> you touch the object -> you rub your eyes or eat -> you get sick! That's all it takes!

Where are germs? They're EVERYWHERE!

Signs of the Flu

Fever
Cough
Headache
Chills
Sore throat
Muscle aches

Churches, Schools, Grocery stores, & Malls
Grocery cart handles & Door handles
Telephones & Toys & Drinking fountains
Hand rails & Escalator hand rails
Tables, Countertops, Chairs, Desks
Computer keyboards, Pens & Pencils & Paperclips



Want to stay well?

- ⇒ **GET A FLU SHOT!** It's NOT too late—call your doctor!
- ⇒ **WASH YOUR HANDS!!** Before you eat, after using the bathroom. Wash well, wash **OFTEN!**
- ⇒ **STAY HOME!!**
- *Avoid crowds during flu season to prevent being exposed to the flu
- *Stay home when you're sick to prevent spreading the flu to others
- *Keep your student home when he/she is sick to protect the students and staff at school and on the bus

- ⇒ **Never** eat with your hands unless you JUST washed. If you snack, use a spoon or fork to put the food in your mouth. For example, cut up an apple and eat it with a fork.
- ⇒ **Never** touch your face without washing your hands. Period.
- *Use a tissue to open/close the spout on your water bottle
- *Never rub your eyes with your bare fingers, use a tissue
- *Don't put anything in your mouth that isn't food—no pens/pencils or fingers

- ⇒ **Strengthen your immune system**
- *Do something **FUN** every day! This boosts your immune system!
- *If you have chronic health problems, consult your doctor about the flu shot
- *Get at least 8 hours of sleep each night. Missing sleep weakens the immune system
- ⇒ **Ask your doctor** about vitamins and herbs to strengthen your immune system
- *Eat a balanced diet with lots of green leafy veggies and drink lots of water

- ⇒ **Wash** door handles, light switches and the telephone after someone is sick
- ⇒ Buy a **new toothbrush** after you're sick—the old one can make you sick again!



Stay Well!!!