

Be Prepared for the Flu Season!

Symptoms:

- Anyone who develops an illness with fever and respiratory symptoms, such as cough and runny nose, and possibly other symptoms such as body aches, nausea, or vomiting or diarrhea, should contact their health care provider. Their health care provider will determine whether influenza testing is needed.
- If people are ill, *they should stay at home and limit contact with others, except to seek medical care.* Healthy residents living in these areas should take the everyday preventative actions listed below.

Pandemic Influenza Prevention Strategies:

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep you distance from others to protect them from getting sick too. Teach your children not to share personal items like drinks, food or unwashed utensils.

2. Stay home when you are sick.

Stay home from work, school and errands when you are sick. Keep sick children at home until symptoms of Influenza are gone (at least 24 hours after they no longer have fever or do not have signs of fever without using fever-reducing drugs). Keeping children with a fever at home will reduce the number of people being infected.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue in the trash after you use it. Cough or sneeze into your elbow our upper sleeve if there is no tissue.

4. Wash your hands often.

Washing your hands and the ands of your children often will help protect you from germs. Wash your hands with soap and water for at least 20 seconds, especially after you cough and sneeze. Alcohol based hand cleaners are also effective.

5. Avoid touching your eyes, nose or mouth.

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

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

El Centro School Based Health Center with questions or to schedule
an appointment at **505-929-1636**