

### Influenza Parent Letter

This week, the Connecticut Department of Public Health reported that flu activity is now widespread. There are many things you can do to prevent the flu.

The best way to protect yourself and others from the flu is to get vaccinated. Whether you get the flu vaccine or not, there are ways you can avoid the flu and stay healthy:

- **Cover your mouth and nose** with a tissue when coughing or sneezing. This may prevent those around you from getting sick. Remember to properly dispose of your used tissue, and wash your hands with soap.
- **Avoid close contact** with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.
- If possible, **stay home from work, school, and errands** when you are sick. You will help prevent others from catching your illness. Call your doctor if your symptoms last a long time or get worse over time.
- **Wash your hands** often! This will help protect you from germs.
- Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated, and then touches his/her eyes, nose, or mouth.
- **Get enough sleep.** Lack of sleep/rest reduces your body's resistance to the flu.
- **Drink lots of water.** Catching the flu becomes more likely when you are dehydrated.
- **Eat five (5) or more servings of fruits and vegetables** daily. Good nutrition is an excellent way to keep your body resistant to the flu.
- **Exercise.** Activities that increase your heart rate, such as walking, biking, and swimming, are excellent ways to keep your body resistant to disease.
- **Remember to keep your child home until s/he is fever, vomiting, or diarrhea free off of fever-reducing medication for twenty-four hours.**
- Please contact your school nurse if you have additional questions or concerns.

Thank you.

Vernon School Nurses

<https://www.cdc.gov/flu/consumer/prevention.htm>

<http://www.portal.ct.gov/DPH/Communications/Pandemic-Influenza/Seasonal-Flu>