

Cold and Flu Prevention



Ensure the health of our students, employees and their families, through common-sense infection control techniques:

Tips:

- **frequent hand washing with soap and water.**
- **use of alcohol-based hand cleanser.**
Alcohol-based hand sanitizer should be stored out of the reach of children and used with adult supervision.
- **using a tissue to cover your nose and mouth when sneezing/coughing.**
- **avoid touching your eyes, nose or mouth.**
- **avoid shaking hands without washing prior to any other activity.**
- **avoid physical contact with anyone who displays symptoms.**

Principals and department heads are asked to read and post the precautionary measures for prevention and discuss with employees and students.

Go to www.fwisd.org/health for more information.

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