

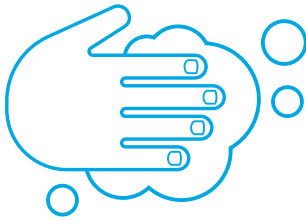
How to Prepare Your School for Flu Season



✓ GET VACCINATED

A vaccine shot will protect your students and staff from the most common flu viruses. When more of your staff and students get vaccinated against the flu, less flu can spread through your school. Getting vaccinated:

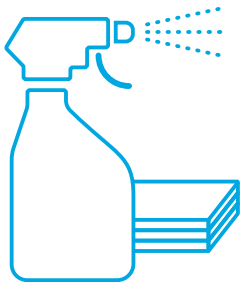
- Prevents the flu
- Reduces doctors' visits and absences
- Lessens flu symptoms
- Prevents flu-related hospitalizations



✓ WASH HANDS

Regular handwashing is highly recommended to help prevent the spread of the flu virus via direct contact. If soap and water are not available, an alcohol-based hand rub should be used. Hands should be washed:

- After coughing or sneezing
- After touching anything that has been touched by other people such as tables, door handles, taps, and sports equipment
- After using the restroom



✓ DISINFECT SURFACES

Don't just clean surfaces, disinfect them! Disinfecting a surface after cleaning it will reduce the likelihood that bacteria will transfer from surfaces to hands, spreading infection through direct contact. These surfaces should be disinfected several times per day:

- Bathroom surfaces
- Locker doors
- Cafeteria trays
- Desks and countertops
- Door handles



✓ CLEAN THE AIR

Cleaning the air with air purification technology will help prevent airborne transmission of the flu and keep surfaces and hands cleaner too. The flu virus spreads via infectious droplets that become airborne when infected people sneeze, cough, and breathe.

- Tiny infectious droplets can float on air currents over long distances infecting people who inhale them.
- Larger droplets can drop from the air to land on surfaces infecting people who touch those surfaces.

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