

THINGS YOU CAN DO TO PREVENT THE FLU

- Cough or sneeze into a tissue, throw it in the trash and wash hands,
or
- Use sleeve of upper arm if there is no tissue.



- Wash hands with soap and water for 15-20 seconds, or use alcohol-based hand gel often.
- Keep hands away from eyes, nose and mouth unless hands were washed.
- Consider receiving seasonal flu & H1N1 vaccines.
- Get a pneumonia shot if in a high-risk group: This prevents secondary infections after the flu.
- If you are sick, stay home until 24 hrs after your fever is gone without the use of fever-reducing medicines.
- If you are sick, limit your contact with other people as much as possible.
- If you are well, avoid others who are sick.
- Stay informed:



www.flu.gov
www.chemungcountyhealth.org
www.cdc.gov/h1n1/
www.health.state.ny.us

WATERLESS HAND SANITIZERS

- 1.** Thorough hand-washing with soap and water is effective protection from bacteria and viruses. When soap and water are not available, waterless hand sanitizers offer a good alternative, especially those containing at least 60 percent rubbing alcohol (ethanol).
- 2.** One squirt (about the size of a dime) is enough. Rub it completely over the hands; keep rubbing until hands are dry.
- 3.** Hand sanitizers are meant for external use only. They can be dangerous if put into the mouth or swallowed, especially for children. Children must be closely supervised.
- 4.** Alcohol-based sanitizers are flammable. Do not use them around an open flame or store them near a heat source.
- 5.** Because soap and water are readily available, the Elmira City School District will not be supplying waterless hand sanitizer.
- 6.** Staff and students may use their own hand sanitizer if they choose. Those parents who send their children to school with hand sanitizer are strongly advised to teach them to use it safely.