Prevent The Spread of Cold & Flu

Common Symptoms:
• Fever
• Cough
• Sore Throat

Remind students when sneezing or coughing to:
• Cover his or her nose and mouth with tissue
• Put tissue in the trash
• Use proper handwashing techniques

Handwashing Techniques
• Wet hands, apply soap and scrub for at least 20 seconds
• Thoroughly rinse under warm, running water
• Dry hands completely with paper towel. Use paper towel to turn off faucet handles and open restroom doors.
• Alcohol based hand cleaners

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

A respiratory flu virus is spread when droplets that exit through the mouth and nose of an infected person come in contact with another person.

Remember:
• When possible, maintain a 3 foot distance from an ill student
• Wash your hands
• Avoid touching your eyes, nose or mouth
• Wear disposable gloves when in contact with or cleaning up body fluids or when disposing of trash
• Clean and sanitize hard surfaces (e.g. door handles, toilet seats, telephones) especially where ill students have been

Oakland County Michigan Health Division
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