

## **Parents and Students,**

We will be entering cold and flu season and I would like to take this opportunity to reinforce some important facts on preventing our children and ourselves from becoming ill this flu season.

1. The most important act of illness prevention is in frequently washing hands and using hand sanitizer. Avoid touching your eyes, nose and mouth. Keep surfaces cleaned as well.
2. Keep children at home when they are sick and especially if they have a fever.
3. Consider getting a flu shot/ mist for yourselves and children.
4. Take care of yourselves and get plenty of rest.

Click this link for more info

<http://www.cdc.gov/flu/about/season/flu-season-2014-2015.htm#.VBB8wdGa5CQ.email>