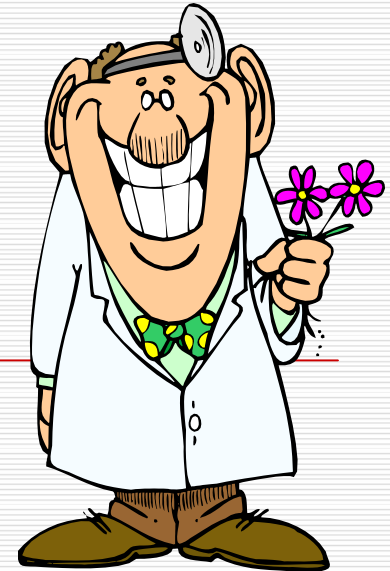


Staying Well

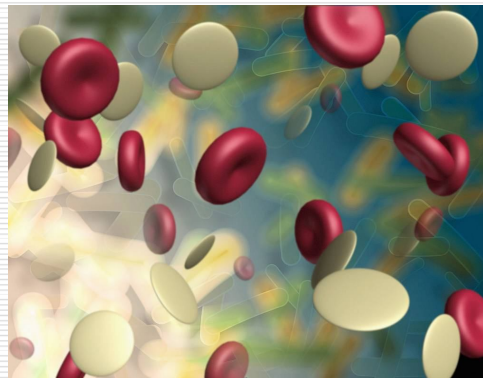


Precautionary measures for preventing the spread of germs and infectious disease.

Brought to you by the TESD Certified School Nurses

What is a germ ?

- ☐ Germ is a nickname
- ☐ It can be either a bacteria or a virus.



Bacteria

❑ As a bacteria, it can cause various infections.

- ❑ Strep throat 📢
- ❑ Pink eye
- ❑ A type of Meningitis
- ❑ Some types of skin infections



❑ Bacterial infections are treated with antibiotics.

Virus



☐ As a virus, it can cause various infections.

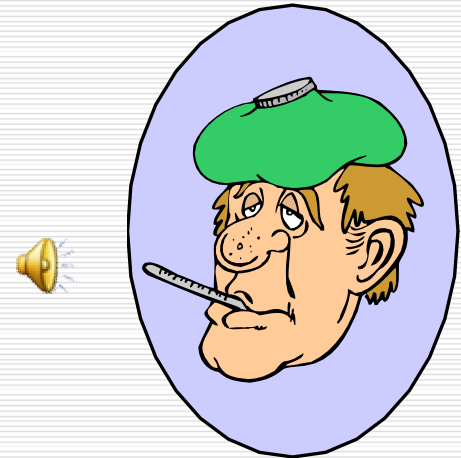
- ☐ Common cold
- ☐ Gastro-intestinal upset
- ☐ A type of meningitis



☐ Viral infections are not receptive to antibiotic treatment.

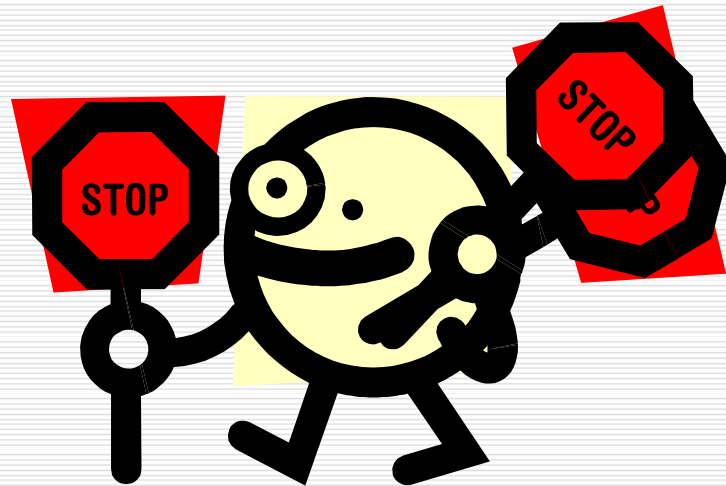
So what is the Flu?

- ☐ Influenza, also called flu, is a contagious respiratory illness caused by influenza virus.
- ☐ Flu is NOT gastrointestinal.
- ☐ Symptoms of flu
 - ☐ Sudden onset of Fever, usually higher than 102, lasting 3-4 days
 - ☐ Headache
 - ☐ Severe aches and pain
 - ☐ Extreme fatigue
 - ☐ Chest discomfort and dry cough



Prevention 📢

- ❑ The spread of germs, whether bacterial or viral, is prevented by the same, simple health habits



Hand washing



☐ Using

- Soap
- Water
- Vigorous scrubbing
- Hand sanitizer containing at least 60% alcohol WHEN soap and water are not available

☐ When

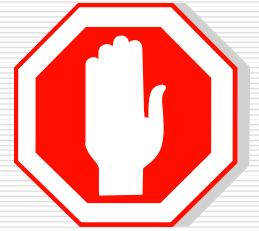
- Often, especially after being in public places
 - After coughing, sneezing or nose blowing
 - After using bathroom facilities
 - Before and after preparing or eating food
-

Tissue Issues



- ☐ Blow your nose with a tissue and discard properly.
- ☐ Cover your nose or mouth with a tissue or your arm, **not your bare hands.**
- ☐ Don't try to economize by saving tissues for one more wipe or blow.

More ways to stop the spread of germs 📢



- ☐ Try to stay away from people who are sick.
 - ☐ Try not to touch your eyes, nose or mouth. If there are germs on your hands, they can get into your body this way.
 - ☐ Don't share food or beverages.
 - ☐ If you do get sick, stay home!
-

Prevention Tips and Tricks

Clean these surfaces frequently.



Keyboards, phones, doorknobs, faucets, countertops, remote controls, hall passes, cooking areas.



WATERCOOLERS



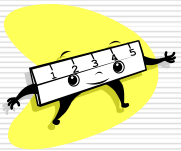
When filling your container, DO NOT TOUCH ANY PART OF THE SPIGOT.

Change personal hygiene items frequently: toothbrush, contact lens case, eye and lip make-up; especially after being ill



MORE....

Keep at least 3 feet away from coughers and sneezers. That's how far most airborne germs can travel



Prevent contamination after washing hands by using paper towel to turn off the faucet and open doors



Take Care of Yourself



- ❑ Eat a well-balanced, healthy diet to keep your immune system humming
- ❑ Drink plenty of fluids to keep mucous membranes moist.
- ❑ Get plenty of rest, lack of sleep decreases immune cells
- ❑ Exercise regularly, it enhances your resistance to infection
- ❑ Don't stress out, if your stress levels are high your body is more susceptible to illness

