

## How to Prevent the Flu

The flu season is almost here. Besides making one feel absolutely terrible, the flu can lead to other complications and sometimes the flu can lead to a hospital stay. There are several steps that you can take to prevent the flu. Here are some prevention tips:

1. Get vaccinated. The first step in prevention is getting vaccinated.
2. Wash your hands. Washing your hands is the best way to avoid getting sick. Always wash your hands before eating and try to avoid touching your face.
3. If you need to cough, cough into your elbow. This is an easy technique to teach our children.
4. Disinfect common surfaces, like doorknobs, phone receivers, light switches and remote controls.
5. Drink plenty of water. Water can help boost your immune system. If you do get sick, water flushes your system and rehydrates and washes out the toxins.
6. If you do become sick, stay home, get rest, drink water and see your doctor, if needed. Oh, and get a new toothbrush, they harbor many germs.

Have a happy, healthy winter.

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