

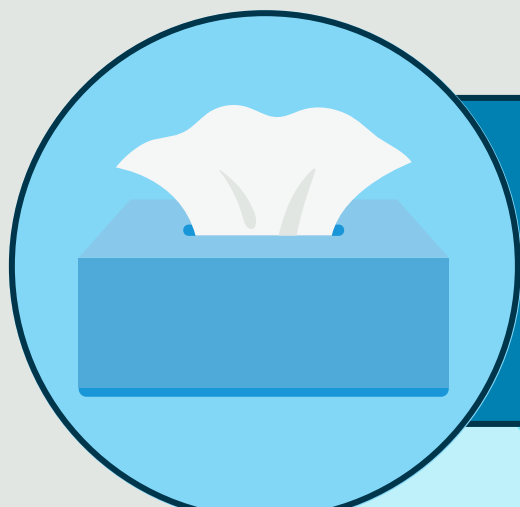
October Monthly Announcements Grade 6-12

Flu Prevention & Handwashing

Did you know that one of the best ways to prevent the spread of the flu is to wash your hands frequently. If you don't have access to a bathroom to wash your hands use hand sanitizers. It only takes 20 seconds of handwashing to remove bacteria and viruses.



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Flu season is upon us. Did you know that the flu is spread easily from person to person through coughing, sneezing, or talking. If you have a cough or sneeze remember to cover up, use a tissue or cough and sneeze into your sleeve. Help keep yourself and others safe.

Did you know that one of the best ways to protect yourself and others from the flu is to get your yearly flu vaccine. The Flu vaccine is recommended for everyone 6 months of age and older and is free at your doctor's office, pharmacy or other health care facility. Book yours!



Stay
HOME
IF SICK


Did you know that the Flu is contagious and spreads easily in crowded spaces. Avoid close contact with people who are sick. When you are sick, stay home and keep your distance to protect others from getting sick too! Let's help each other stay healthy.

Here's some tips to help protect you and your family from the flu. Clean and disinfect frequently touched surfaces, be physically active, manage stress, drink plenty of fluids, eat healthy food and get plenty of sleep. Let's help remind each other on ways to stay healthy this flu season.



Did you know that clean hands protect us against many infections, including flu. Keeping your hands clean is an easy way to keep yourself healthy. Remember to wash hands frequently!

Did you know that you need to wash your hands for 20 seconds to remove harmful germs and chemicals. Make sure you scrub all areas of your hands, including your palms, backs of your hands, between your fingers, and under your fingernails. Let's do all we can to protect ourselves and other's this flu season!



Stay healthy by washing your hands often. Remember to wash hands after using the washroom, after caring for a pet, after touching garbage, and especially after you cough and sneeze. Also, remember to always wash your hands before you eat! Remember if soap and water are not available use hand sanitizer!