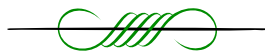


TOP 10 TIPS FOR PREVENTING THE SPREAD OF FLU

(information obtained from the Pennsylvania Department of Education)



1. Keep your child home from school or day care when he or she is sick.
2. Allow your child to return to school only when fever-free for at least 24 hours (no longer having a fever without use of fever-reducing medicines).
3. Cover the mouth and nose with a tissue or your elbow when sneezing or coughing.
4. Properly dispose of used tissues and other soiled items, and wash your hands after doing so.
5. Wash hands frequently and regularly, or use hand sanitizers when water is not readily available.
6. Do not share personal items such as water bottles, cell phones, and eating utensils.
7. Contact your health care provider when your child or other family member is sick with the flu (symptoms include: fever, cough, sore throat, runny nose, headache, and body aches).
8. If you are not able to stay home with your child, plan ahead for how he or she will be transported home if the school contacts you, taken care of when sick at home, or taken care of if school is closed.
9. Have your child vaccinated against the flu every year.
10. Stay informed through www.health.state.pa.us, www.cdc.gov, or www.flu.gov.

For questions, call 1-877-PA-HEALTH (1-877-724-3258).