



AMERICANA CHINESE INTERNATIONAL SCHOOL

HEALTH BULLETIN

Student Wellness

17th January 2020

- Healthy Habits to Help Prevent Flu 1

Good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

During the flu season, ACIS *strongly* encourage parents to:

- Keep your child home when they are sick. –
 - This will help prevent spreading the illness to others.
- Clean hands at home.
 - - Washing hands with soap frequently and as needed will help protect children from germs.
- Cover mouth and nose.
 - - Cover children's mouth and nose when coughing or sneezing. It may prevent spread of RSV, whooping cough, and influenza.
- Avoid touching your eyes, nose or mouth.
 - - Germs are often spread when a child touches something that is contaminated with germs.
- Remind your child.
 - - Reminders are important to help children build their habits, and to form basic hygiene routine.

ACIS School Nurse Office