



AMERICANA CHINESE INTERNATIONAL SCHOOL

HEALTH BULLETIN

3rd October 2019

ACIS just completed the first influenza vaccination program for the school year of 2019-2020, on 3rd of October. Although getting vaccinated annually is the best way to protect our students against the flu, here are some other ways we can work together to promote health and reduce illness.

Good Hygiene:

- ✓ wash hands often with soap and water, especially after coughing, sneezing, or wiping noses.
- ✓ cover mouth and nose with a tissue when cough or sneeze and then wash hands afterward.
- ✓ cough or sneeze into elbow or shoulder (if tissue is not available), not into hands.
- ✓ avoid touching eyes, nose or mouth.

ACIS works hard to maintain these practices by spend time teaching our students. Please help us with reinforcement on these activities at home!

ACIS School Nurse Office