

## What to do when you are sick

Colds and flu are caused by a virus. There is no proven cure for colds or flu. However, there are steps you can take when you are sick:

- Rest.
- Drink plenty of fluids such as water, juices, decaffeinated teas and soups.
- Use tissues and consider using a mask.
- Wash your hands frequently.
- Contact your healthcare provider if you have any questions or concerns.



## When can I send my child back to school?

- When fever has been absent for a minimum of 24 hours, without fever reducing medication.
- When your child is symptom free.
- When your child is able to engage in school activities for an entire school day. Be sure that your child has regained his/her stamina to be active and alert for the school day.
- Please call the school nurse if you have questions: Linda Chase, RN at the elementary 494-1220, ext. 1403 or Amy Ireland, NP at the middle/high school 494-1220, ext. 2076.



## Mask Etiquette

**Why wear a mask?** The use of face masks may help to reduce the spread of respiratory infections and disease. Mask use by itself cannot prevent the flu. However, mask use will help stop the spread of germs if combined with good hygiene.

### **Wear a mask when:**

- You are seeking medical treatment for flu-like symptoms.
- Others around you are sick.
- If there is an outbreak of flu in your community.

### **Where to get a mask:**

- Pharmacies, medical supply stores or through the Internet.
- Don't handle your mask and then touch your eyes, nose or mouth.
- Change your mask whenever it gets moist. Never wear a mask for longer than one day.



## **Byron-Bergen Central School**

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585-494-1220, ext. 1403 or 2076

Website: [bbschools.org](http://bbschools.org)

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## **Byron-Bergen Central School**



**An Ounce  
of  
Prevention**

**WELLNESS**

**Cold/Flu**

**Health Awareness**

**Information**

**For further information:  
Phone: 585-494-1220  
Ext. 1403 or 2076**

## How to Prevent the Cold or Flu

### Take these simple precautions:

- Avoid close contact with people who have a cold.
- Wash your hands often using soap and water or waterless hand sanitizer.
- Keep your hands away from your nose, eyes or mouth. This will help you avoid infecting yourself with germs you may have picked up on your hands.



### Try these tips too!

- Get 7-8 hours of sleep each night.
- Exercise for at least 30 minutes a day.
- Eat nutritious foods; fruits, veggies, lean protein, fiber, calcium rich foods and plenty of water.
- Reduce stress (exercise, meditation, listen to music).
- Avoid socializing in large crowds; it reduces your risk of contracting a cold or spreading your cold.


## When You Should Wash Your Hands

- Wash your hands often using soap and water or waterless hand sanitizer.

### It is especially important to wash your hands:

- Before, during, and after you prepare food.
- Before you eat, and always after you use the restroom.
- After coughing, sneezing or blowing your nose.
- After handling animals or animal waste.
- Whenever your hands are dirty.

## Here are a few helpful hints to tell whether you have the flu or a cold:

Symptoms	Cold	Flu
<b>Fever</b> 	Below 101	High 102-104
<b>Headache</b>	Mild	Severe
<b>Aches and Pains</b>	Slight	Severe
<b>Fatigue and Weakness</b>	Mild	Severe, may last 2-3 weeks
<b>Extreme Fatigue</b>	Never	Prominent
<b>Stuffy Nose</b>	Common	Sometimes
<b>Sneezing</b>	Common	Sometimes
<b>Sore Throat</b>	Common	Sometimes
<b>Cough</b>	Mild-Moderate	Ranges from Mild-Severe

## How To Wash Your Hands Properly

- Frequent hand washing is one of the **best** ways to prevent the spread of infectious diseases.
- Wet your hands and apply soap.
- Rub your hands vigorously together and scrub all surfaces.
- Continue for 30 seconds. It is the soap combined with the scrubbing action that helps remove germs. Sing "Happy Birthday" while scrubbing to ensure 30 seconds.
- Rinse well and dry your hands with a paper towel and discard.



## Stop the spread of germs that make you and others sick!

### Cover your Cough

- Cover your mouth and nose with a tissue when you cough/sneeze or cough /sneeze into your upper sleeve, not your hands.
- Put your used tissue in the waste basket.
- You may be asked to put on a surgical mask to protect others.

### Clean your hands or use hand sanitizer

after coughing or sneezing!



## When to seek healthcare

In general, it is not necessary to call a healthcare provider if you have signs of the flu or a cold. However, you should contact your healthcare provider if you experience any of the following difficulties:

- Your symptoms get worse or you have a fever.
- Your symptoms persist beyond 3-5 days without improvement.

If you develop the following symptoms, call your healthcare provider:

- Vomiting
- High Fever
- Shaking/chills
- Chest pain
- Coughing with thick, yellow-green mucus

