



## **Message from the Nurse...**

If you have been to the Nurse's Office lately I am sure that you have seen the purple Flu Facts signs in all the rooms. I can not tell you enough, how important this information is in lowering your chances of getting or spreading the flu. I hope that *all* Kuss students have read the Flu Fact pamphlet given to them, and have taken it home, to share the information with their family members.

### **Important to remember:**

1. Cough or sneeze into your elbow, or use a tissue.
2. Wash hand frequently with soap and water or use a hand sanitizer.
3. Do not share cups, glasses, etc.
4. Stay home if you are sick or have a fever.
5. Get both seasonal and H1N1 flu shots.
6. Remember to dispose of used tissues in the wastebasket, and not keep them on your desk, tables or in your pocket for a long period of time.
7. Do not spit in wastebaskets!
8. Eat healthy foods that have vitamins and minerals to help fight off illness.
9. Drink plenty of healthy liquid; juice milk water.
10. *GET PLENTY OF SLEEP.*

**Mrs. Conboy**