PANDEMIC PREPARATION FOR STUDENTS

Flu Prevention:
😊 Frequent hand washing with soap and water.
😊 Avoid touching lips, nose, and eyes.
😊 Cover nose and mouth with tissue when sneezing or coughing. No tissue available? - cough in arm instead of hands.
😊 Do not share: drinks, toothbrushes, cigarettes, lip balm, eating utensils.
😊 Do not kiss or hug others when you are sick.
😊 Stay home from school and work when sick. Appointments are available at the Student Health Center.
😊 Stay healthy - sleep at least 7 hours each night; exercise; eat balanced meals.
😊 Get an annual Flu Shot!

Room Supplies:
😊 Drinking water
😊 Non-perishable food (cereal, protein bars, peanut butter, nuts, canned food, dry soup, crackers, dried fruit, juice)
😊 Prescription medications and supplies (thermometer, band aids)
😊 Over the counter medicine: Non-aspirin fever reducer, decongestant, diarrhea medicine, cough medicine)
😊 Anti-bacterial hand gel
😊 Tissues
😊 Disinfectant wipes/spray for room cleaning
😊 Battery operated AM radio and batteries
😊 Cell phone and charger