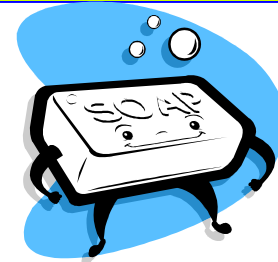


# PANDEMIC PREPARATION FOR STUDENTS

## 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

