Good hand hygiene is the best way to fight the flu. Teach children to wash their hands thoroughly and often.

Teach children to cough or sneeze into a tissue or their sleeve, not their hand. Dispose of tissues immediately.

Keep commonly touched surfaces and items clean and disinfected.

Fight the flu and other illnesses. If you can’t wash your hands keep an alcohol-based hand sanitizer close by.

If children become sick, keep them away from the rest of the group.

If you get sick, be sure to keep your distance from others and stay home until you’re well.
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