



January 2020

Dear Parents and Guardians:

The 2019-2020 flu season is underway. Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people, especially children, may have vomiting and diarrhea. People may also be infected with flu and have respiratory symptoms without a fever.

Here are a few simple actions you can take to reduce the spread of flu and other germs:

- Wash your hands often with soap and warm water for at least 20 seconds. Hand sanitizer can be used as an alternative if running water and soap is not readily available.
- Avoid touching your eyes, nose and mouth
- Cough and sneeze into a tissue or the sleeve of your shirt. This should be followed by washing your hands
- Avoid sharing food, drinks, or utensils with others, even if you are not sick
- Try to avoid close contact with sick people
- While sick, limit contact with others as much as possible to keep from infecting them
- When feeling sick, stay home from school or work until you are fever free for at least 24 hours without the use of fever reducing medicines
- Frequently clean and disinfect contact surfaces (e.g., dinner table, remote control, game controllers, desks, chairs, computers, tables, etc.)

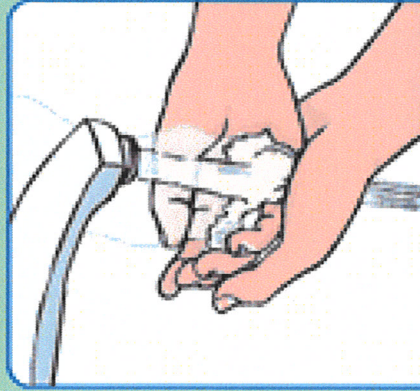
In addition to these actions, you can take one more measure that is specific to the seasonal flu—get a flu shot. A flu vaccine is recommended for most people 6 months of age and older. It is NOT too late to get a flu vaccine for the 2019-2020 flu season. To receive a flu vaccine, contact your healthcare provider, health department or pharmacy.

Thank you for your continued efforts to keep our community safe and healthy!

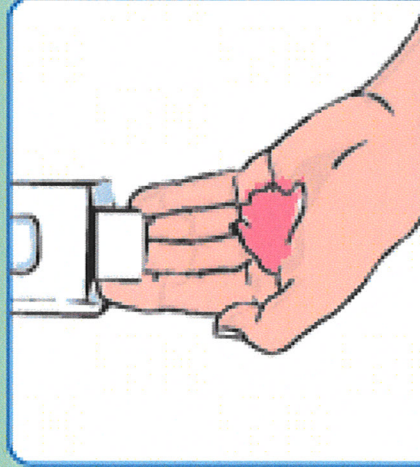
Sincerely,

Defiance County Health Department

# FIGHT GERMS BY WASHING YOUR HANDS!



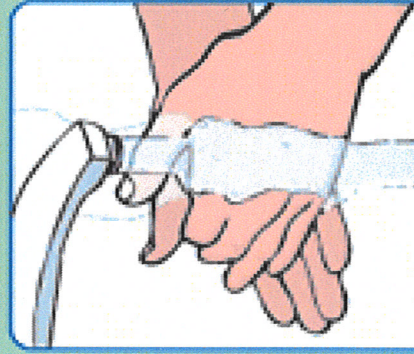
**1** Wet your hands



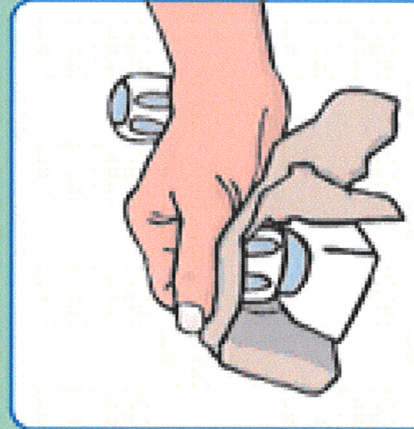
**2** Soap



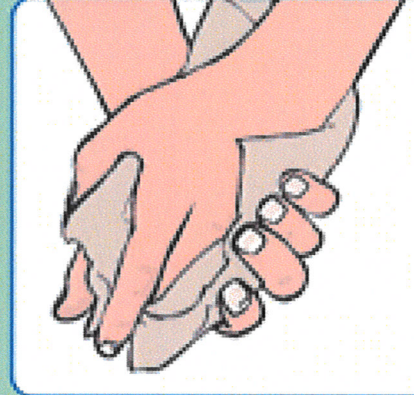
**3** Lather and scrub - 20 sec



**4** Rinse - 10 sec



**5** Turn off tap



**6** Dry your hands

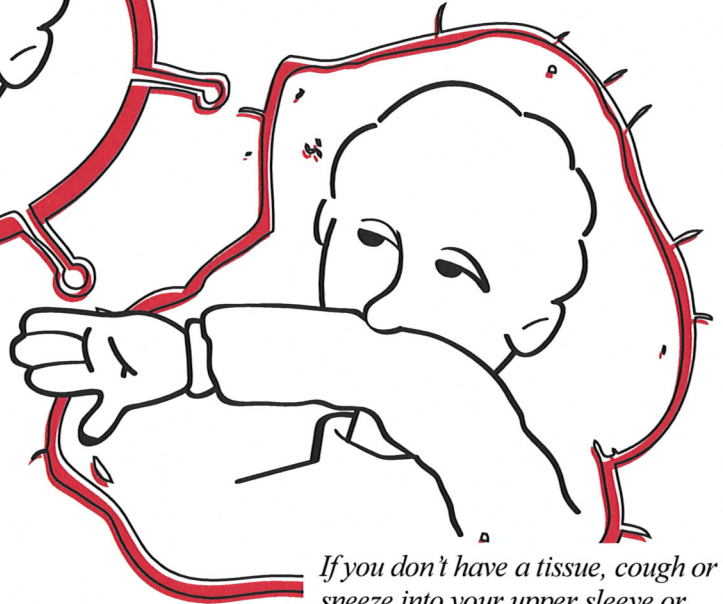
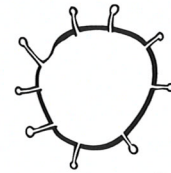
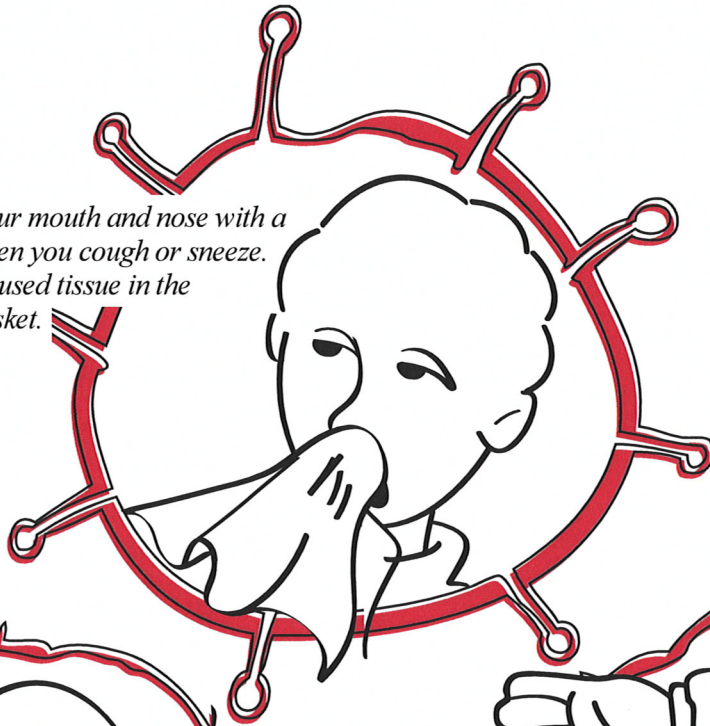
**DONT FORGET TO WASH:**

- between your fingers
- under your nails
- the tops of your hands

# Cover Cough

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

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



You may be asked to put on a facemask to protect others.



Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.