Skating through Cold and Flu Season



Schools are breeding grounds for germs that can make you sick, from the sniffles to the flu, but we can help you spin past them. We've compiled a list of tips for staying healthy and germy places to avoid so you can glide through the school year without getting sick!



1. Wash your hands well.

Wash your hands with soap for at least 20 seconds.1





2. Get enough rest.

Sleep deprivation has an adverse effect on immune function.2



of getting the flu by half.1

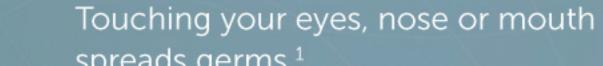




Bacteria and viruses at school can hitch a ride home on your clothes.3

4. Change when you get home.





5. Don't touch your face.

spreads germs.1



You never know what germs could lurk on some

7. Eat plenty of protein

and vitamins.

6. Use your own writing utensils.

one else's pencil.4



objects.



Enlist your students to help wipe down desks, keyboards, door handles and other surfaces a couple of times a day.1





Avoiding Hidden Germs at School Your school's germiest places may surprise you, but with some expert foot work, you can easily skate past them.

Go Figure:

COLONY FORMING SAMPLE LOCATION UNITS / IN SQ.



Working through an illness won't win you a gold medal. This cold and flu season, take extra care to prevent the spread of germs and listen to your body. If you're sick, stay home and rest; it's better for your health and keeps you from spreading an illness.

Take Care of Yourself, Champ!

- 1. www.cdc.gov
- 2. www.sleepfoundation.org 3. www.healthline.com
- 4. www.health.state.mn.us 5. www.vaccines.gov
- 6. www.eatright.org

7. www.nsf.org

