

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 germ-free places to avoid so you can glide through the school year without getting sick!

Jump into Prevention

Check cold and flu germs from the start!

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

3. Get vaccinated.

The seasonal flu vaccine lowers your risk of getting the flu by half.¹

4. Change when you get home.

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

5. Don't touch your face.

Touching your eyes, nose or mouth spreads germs.¹

6. Use your own writing utensils.

You never know what germs could lurk on some one else's pencil.⁴

7. Eat plenty of protein and vitamins.











Good nutrition is essential to a strong immune system.⁵

8. Disinfect surfaces and objects.

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

Go Figure: 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.

	SAMPLE LOCATION	COLONY FORMING UNITS / IN SQ.
	Water fountain spigot (classroom)	2,700,000
	Water fountain spigot (cafeteria)	62,000
	Plastic reusable cafeteria tray	33,800
	Faucet (cold water handle)	32,000
	Faucet (hot water handle)	18,000
	Cafeteria plate	15,800
	Keyboard (classroom)	3,300
	Toilet seat	3,200
	Student's hand	1,200
	Animal cage	1,200

Take Care of Yourself, Champ!

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.

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