

DECEMBER HEALTH REMINDERS

-From the School Nurse Desk-

Preventing Illness

- * **HAND WASHING!**—good handwashing includes the use of soap and water. Lather hands for at least 20 seconds!
- * Receiving the flu vaccine
- * Cover your cough/sneeze into your elbow
- * Change toothbrush if you have been ill

Celebrating the Holidays Safely



Social Distancing

- * Indoors or outdoors, you are more likely to get or spread COVID-19 when you are in close contact with others for a total of 15 minutes
- * Cancel plans and stay home if you are sick



- * When attending gatherings, food, drinks, plates, cups, utensils, and condiment packets
- * Limit number of guests
- * Open windows if indoors if possible
- * Wear your mask and wash hands often
- * Avoid singing or shouting



- * Consider a virtual celebration
- * Host a virtual “ugly” holiday sweater contest
- * Hold a snowman or snow angel contest with neighbors

IS IT FLU OR COVID-19?

Symptoms	Flu	COVID
Fever/Chills	Sometimes	Yes
Sore Throat	Sometimes	Yes
Runny/Stuffy Nose	Sometimes	Yes
Muscle/Body Aches	Yes	Yes
Headache	Yes	Yes
Fatigue	Yes	Yes
Nausea, Vomiting, Diarrhea	Yes*	Yes
Cough	No	Yes
Shortness of Breath	No	Yes
New Loss of Taste or Smell	No	Yes

*More common in children than adults

Get your flu shot as soon as possible



For more information, please visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/winter.html>

