

Making the difference

October 2010

Happy Halloween

School Health Services E-Newsletter

New York Statewide School Health Services Center
www.schoolhealthservicesny.com

Say "BOO" to the Flu

Families Fighting Flu, Visiting Nurse Associations of America and the Clorox Company have joined together to educate families about the importance of flu vaccination and offer prevention tip to help "SCARE" the flu away this fall and winter! They have posters, brochures, events and a pledge to Spread the Word and Get Vaccinated. The poster can be downloaded and placed throughout the school!



Free Flu Resources from the CDC

Posters
Stickers
Fact Sheets
Articles
Brochures
Media Toolkits
Video/Audio Tools
Web Tools



www.cdc.gov/flu

Children are encouraged to use the following tricks to make the flu virus too scared to hang around your house this flu season:

1. **Sing and Scrub:** Make sure kids wash their hands the right way: Wash with warm soap & water for at least 20 seconds (the time it takes to sing "Happy Birthday" twice).
2. **Do the Elbow Cough:** Teach kids to cough into elbows, not hands, where they are more likely to spread bacteria & viruses .
3. **Disinfect Hot Spots:** Kids touch up to 300 surfaces every 30 minutes, so disinfect doorknobs, light switches, faucets, toys
4. **Follow Good Health Guidelines:** Eat right, exercise and get plenty of sleep to help boost the body's ability to fight the effects of flu.

Top 5 Germ Hotspots:

- Phone receivers
- Refrigerator, microwave and door handles
- Kitchen faucets
- Light switches
- TV remote controls



Cinnamon Magic Game—Wash Germs Away

Rub a little vegetable oil on child's hand, sprinkle with cinnamon "germs", have child wash hands without soap to see that germs won't come off, add soap and watch the "germs" disappear!

www.sayboototheflu.com