

## **Keeping Kids Healthy All Year Long**

The health and safety of our students is very important to us in Clovis Unified. We recognize the risks posed by contagious illnesses present in the community. Some simple steps can help kids stay healthy during cold and flu season, and to avoid more serious illnesses like Enterovirus 68. To help avoid catching and spreading illnesses parents and children should always follow basic steps to stay healthy.

- Wash hands often with soap and water for 20 seconds. Washing hands correctly is the most important thing you can do to stay healthy.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid close contact, such as kissing, hugging, and sharing cups or eating utensils, with people who are sick.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Stay home when you are sick and keep sick children out of school, especially if they are running a fever.