

# Protect Against Respiratory Illness

EVERYDAY PREVENTIVE ACTIONS CAN HELP SLOW THE SPREAD OF GERMS THAT CAN CAUSE MANY DIFFERENT ILLNESSES



### WASH HANDS

- Wash hands regularly, including throughout the school day, when you get home from school, after using the restroom, and before meals.
- Wash with soap and warm water, and physically scrub for at least 20 seconds
- Hand sanitizers are not an adequate replacement for proper hand washing
  with soap and warm water. You can use alcohol-based hand sanitizers in
  addition to hand washing, but they are not as effective at removing germs as
  washing hands.



#### **COUGH ETIQUETTE**

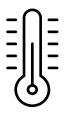
- Cover your cough or sneeze with a bent arm or tissue, then throw the tissue in the trash
- Wash hands

# AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH WITH UNWASHED HANDS TO STOP GERM SPREAD

### AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK



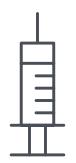
- If you or your child get sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone, except to get medical care or other necessities.
- Wear a mask if you must leave home



### CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS AND SURFACES

- The flu virus can live on some surfaces for up to 48 hours.
- Respiratory illnesses like influenza are relatively fragile, so standard cleaning and disinfecting practices are sufficient to remove or kill them.
- Focus cleaning/disinfection on frequently touched surfaces
  - Desks and classroom furniture
  - o Light switches, doorknobs, handles, railings
  - o Computer keyboards, mice and phones
  - o Hands-on learning items, toys
- Always follow label directions on cleaning products and disinfectants.
   Wash surfaces with a general household cleaner to remove germs. Rinse with water and follow with an EPA-registered disinfectant to kill germs.
   Read the label to make sure it states that EPA has approved the product for effectiveness against influenza virus.







- Receive a seasonal flu vaccine every year. Vaccinated people who still become ill will have less severe symptoms for a shorter duration than those who are unvaccinated and become ill.
- Seasonal flu vaccination is recommended for everyone 6 months of age and older without specific contraindication to the flu vaccine.
- You should get the vaccine in early fall, preferably by the end of October
  - o If you haven't received vaccination by this point, it's not too late.
  - o Vaccination is recommended throughout flu season, even into January and later.
- Vaccines are commonly offered at doctors' offices, clinics, health departments, pharmacies, and college health centers.
- It generally takes around two weeks after vaccination for antibodies to develop and for full protection against influenza infection.
- Getting vaccinated can also protect vulnerable people around you, such as babies, young children, the elderly, and those with certain chronic health problems.



## REPORT OUTBREAKS OF RESPIRATORY ILLNESS

 Call the Salt Lake County Health Department to report respiratory illness clusters at 385-468-4194