

Prevent Swine Flu at School

WebMD

Wash Your Hands Often



Using soap and water, wash your hands for about 20 seconds, which is about how long it takes to sing "Happy Birthday." twice. Wash after you cough, sneeze, or use the bathroom. Or use an alcohol-based hand sanitizer.

Cough or Sneeze into Your Elbow



If you can't find a tissue, sneeze into your elbow or shoulder instead of your hands. If you have a tissue, throw it out right away and wash your hands.

Don't Touch Your Eyes and Nose, or Mouth



Germs can spread easily this way.

Don't Share Everything



Keep water bottles, juice boxes, cups, utensils, crayons, pens, pencils or other items to yourself.

Don't Get Close to Sick Friends and Teammates



Wait until they feel better to have play dates.

Speak Up if You Feel Sick



If you don't feel well, tell your teacher, school nurse or parents right away. Make sure the school or nurse has your parents' current contact information.