A Message from your School Nurse:

Delaware Division of Public Health urges providers to remind their patients to take the following steps to help prevent illness due to respiratory viruses:

- Wash hands with soap and water frequently for 20 seconds, especially after changing diapers.
- Avoid touching eyes, nose and mouth with unwashed hands, especially after coughing or sneezing.
- Practice respiratory etiquette by covering coughs and sneezes with a tissue or coughing or sneezing into inner elbow.
- Stay home from work or school when sick and do not return until 24 hours after a fever is gone.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Contact their health care provider if they have any concerns.
- Get their annual influenza vaccine to protect themselves from influenza, which is the most common virus causing severe respiratory illness.

Call Mrs. Thompson with any questions 302.697.4026