

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