



Office of Coordinated School Health
Roane County Schools
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To: Parents and Families
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Flu-fighting Tips for Families*

Flu season has arrived and germs are everywhere. Bacteria and viruses can be on any surface everywhere you go. This makes disinfection of surfaces and handwashing extremely important in preventing the spread of those germs. Here are some tips for flu prevention you may find useful.

- Get flu shots if available in your area. Contact the Roane County Health Department (865-354-1220) to locate clinics in your area. You may also try pta.org/flushotclinics to locate other places that may be offering flu shots in your area.
- Avoid close contact with others that are ill.
- Cover the mouth or nose with a tissue when coughing or sneezing.
- Remind children to clean their hands often.
- Children should avoid touching their eyes, nose or mouth after sneezing.
- Disinfect surfaces-especially in commonly used areas.
- Encourage family and friends to practice these habits as well.
- REMEMBER THE IMPORTANCE OF HANDWASHING! Be sure to wash hands ...
 1. Before preparing or eating food.
 2. After using the restroom.
 3. After changing diapers or cleaning up a child who has gone to the restroom.
 4. Before and after tending to someone who is ill.
 5. After blowing the nose, coughing, or sneezing.
 6. After handling an animal or animal waste.
 7. After handling trash.
 8. Before and after treating a cut or wound.



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