

EAST SIDE UNION HIGHS SCHOOL DISTRICT

Flu Prevention Tips for Schools

Flu season is at its peak nationwide, and it is on the rise in California. In Santa Clara County, we are entering the peak weeks of the flu season, and the Santa Clara County Public Health Department wants to share some tips on protecting the health of our community. Flu is easily transmitted in places where people congregate, so schools can play a large role in reducing the spread of flu and other contagious diseases.

The basic advice from the Santa Clara Public Health Department:

- Get (and encourage others to get) vaccinated against the flu
- Wash your hands thoroughly and often
- Cover your cough
- Ask those under your care to stay home if they feel sick

More information on the flu is available at the link below:

<http://www.sccgov.org/sites/sccphd/en-us/Residents/DiseaseInformation/Influenza/Pages/home.aspx>

Click [here](#) to view/download Flu Prevention Tips for Schools information sheet.

