

Johnson County Central Public Schools

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“Home of the Thunderbirds”

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Here are recommendations to help prevent the spread of illness during the cold, flu and Coronavirus season:

- Washing hands often with soap and water for at least 20 seconds.
- Teach your children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal (that’s about as long as it takes to sing the “Happy Birthday” song twice).
- Teach your children the proper use of hand sanitizer when soap and water is not available. Gels, rubs, and hand wipes containing at least 60% alcohol all work well. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
- Teach your children to keep their hands away from their face and avoid touching their mouth, nose, or eyes.
- Avoid close contact with sick people and stay home if you are sick.
- Stay at home until you are fever free for 24 hours without fever reducing medications (most cold/flu medications have fever reducer in them) and symptom free: headache, warm forehead, Chills, aching muscles, general feeling of weakness, sore eyes, loss of appetite, and dehydration.
- Cover your nose and mouth with a tissue when you cough or sneeze and then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces with disinfectants that are effective against Coronavirus. Labels provide this description.

You can help stop Coronavirus by knowing the signs and symptoms and taking appropriate precautions included here:

- Fever over 100F (symptoms of fever: headache, warm forehead, chills, aching muscles, general feeling of weakness, sore eyes, loss of appetite, and dehydration).
- Cough
- Shortness of breath

If you have concerns related to these symptoms, contact a health professional and notify them regarding symptoms and any recent travels, and most importantly, follow your health care professional’s advice.