

It's cold and flu season...

We care about our students and staff and want everyone to remain healthy.

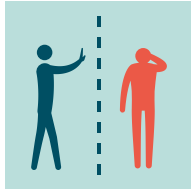
Please follow these tips to help prevent the spread of respiratory viruses, the common cold, and flu:



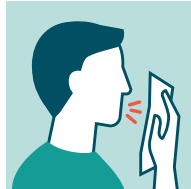
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



- Avoid touching your eyes, nose, and mouth with unwashed hands.



- Avoid close contact with people who are sick.
- Stay home when you are sick.



- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



- Clean and disinfect frequently touched objects and surfaces.