

Dear Student,

Every year, many students and staff become ill and lose days at school because of illness. By following some simple hand washing and other preventative measures, we can reduce the number of people getting sick from the cold and flu.

The best defense against the spread of germs is the awareness of proper and effective hygiene both at school and at home.

Here are some ways to protect yourself:

- **If you are sick, stay at home. Do not come to school.**
- Wash your hands often with soap and water for 20 seconds.
- Cover coughs and sneezes with tissues or by coughing into the inside of your elbow.
- Stay at least three feet away from people who are sick.
- People who are sick should stay home from school and avoid other people until they are better.

If used, these simple, yet very important, preventative actions will reduce the occurrence of illness in our schools. The common cold, the flu and 'the gastro' germs must be transmitted from one person to the next in order for illness to spread. If we all make extra effort during this time of unusually high presence of these germs in our schools to prevent the spread, we can then feel confident that we have really reduced their negative effect.

**If you have questions, please contact your CLSC or other healthcare provider.**

**You can get more information from the government website with information on planning for individuals and families:**

<https://www.quebec.ca/en/health/health-issues/flu-cold-and-gastroenteritis/>