

During flu season, there are healthy habits to help keep your family well....



Although there had been no confirmed cases of Swine Flu in Mississippi at the end of April, we want to be sure our students and their families are developing healthy habits that reduce the chance that they might be exposed to flu viruses.

The most common means of spreading the flu virus are hand-to-hand contact or by cough or sneeze. Simple actions can stop germs and prevent illnesses:

- 1. Cover your mouth and nose.** Use a tissue when you cough or sneeze and drop it in the trash. If you don't have a tissue, cover your mouth and nose as best you can. Proper cough etiquette is to cough or sneeze into the crook of your elbow.
- 2. Clean your hands often.** Clean your hands every time you cough or sneeze. Hand washing stops germs. Alcohol-based gels and wipes also work well.
- 3. Remind your children to practice healthy habits, too.** Germs that cause colds, coughs, flu and pneumonia can spread easily.
- 4. Healthy habits help reduce illnesses and sick days.** Feel good about doing the right things to stay well.

Parents should know that Biloxi Public Schools is taking steps to reduce the chance that students will be exposed to the flu virus. Antibacterial soap is available in all restrooms and hand sanitizer is available in all classrooms.



Clean your hands a lot...

- After you sneeze or cough
- After using the bathroom
- Before you eat
- Before you touch your eyes, mouth or nose

Washing hands with soap and water is best.

Wash long enough to sing the "Happy Birthday" song twice. Or, use gels or wipes with alcohol in them. This alcohol kills germs!

Visit the school district website, www.biloxischools.net, and subscribe to *Windtalker*, the district's e-newsletter to receive school news and advisories. Click on "The Windtalker e-news" and enter your e-mail address.