

Report to **PARENTS**

Combat Cold & Flu

Get Your Flu Vaccination

One of the best ways to help slow the spread of seasonal, germ-causing illnesses is to receive immunizations, like the flu shot. The CDC recommends anyone above the age of six months receive a flu vaccine every year.¹

Wash Your Hands

Wherever the winter months may bring you, always be sure to wash your hands thoroughly and often. Taking the recommended twenty seconds to wash your hands with soap and water is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others!²



Stay Home if Sick

If your child is exhibiting any cold or flu symptoms, it is recommended to stay home from school. The same goes for staying home from work or running errands if you are sick yourself! This will help prevent you from spreading your illness to others.²

Disinfect High-Touch Surfaces

Lysol Disinfecting Wipes and Lysol Disinfecting Spray make it easy to disinfect surfaces at home and school. Disinfect frequently touched areas from desks to door handles to help protect you, your family, and the community from the spread of illness-causing germs. For more information, visit Lysol.com/HERE.

Support the Kinsa FLUency Program

Encourage your child's school to apply for the Kinsa FLUency program, an early detection program for illness in schools across the country. While

cold and flu begin to peak during this time of year, participating schools will receive free Lysol Disinfecting Wipes and Kinsa smart thermometers that help notify school nurses and officials, as well as parents, of illness levels and trends within the community.

Content courtesy of NAESP Partner Lysol.

¹ CDC.org, "[Who Needs a Flu Vaccine](#)"

² CDC.org, "[Healthy Habits to Help Protect Against Flu](#)"