



Preventing Colds and Flu



Cold and Flu season is upon us. As the weather gets cooler and we move inside, so do germs. Children need reminders to decrease the risk of colds and flu at school and home by:

- Washing hands often
- coughing/sneezing into their elbow
- Keeping hands away from nose/mouth
- not sharing food/ drinks with others



To help limit the spread of germs, please keep your child home from school and activities if they are feverish, coughing a lot, have thick yellow or green boogers, or are otherwise unwell. Remember:

- handwashing is the most effective way to stop the spread of germs that cause colds and flu
- wash hands before and after eating or handling food, after using the toilet, handling pets, coughing, sneezing, or wiping noses
- the most effective treatment for a cold is rest and fluids
- if you do catch a cold or the flu, try to stay away from others to avoid spreading it



Colds Flu The Physical And Mental Connections

AW Chickering



Colds Flu The Physical And Mental Connections:

Reviewing **Colds Flu The Physical And Mental Connections**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Colds Flu The Physical And Mental Connections**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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