

YOUR HEALTH IS IMPORTANT

No one likes feeling ill

Your assistance is requested to help keep yourself, and others, healthy.



Influenza **Common Cold** RSV
Coronavirus Pink Eye **Croup** Flu

Suggestions on staying healthy and stopping the spread of illness:

- Wash hands regularly using soap and water
- Use hand sanitizer when washing is not an option/in between washing
- Get a flu shot (they are still available and can still be effective)
- Cough/sneeze into an elbow (yours preferably), or cough/sneeze into a tissue
- Avoid the community food table, or wash your hands before and after accessing a treat
- Regularly sanitize surfaces like doorknobs, keyboards, and coffee pot handles
- Avoid touching your eyes, nose and mouth

Stay home if you are sick.

- Don't be the "tough it out" type
- Stay home if you: have a fever, feel feverish/have chills, have a sore throat, have a cough or runny/stuffy nose, are feeling fatigued, have body aches, have a headache
- Stay home for 24 hours after a fever is gone
- Go home if symptoms set in during the day

Let's help each other stay healthy.

Learn more and find additional reminders on the ESI Facebook page.

QUESTIONS? Contact Jackie Krawczak

