

PREVENTING ILLNESS

HELP PREVENT THE SPREAD OF COVID-19 & FLU



TO HELP PREVENT THE SPREAD OF RESPIRATORY VIRUSES, INCLUDING THE COVID-19 VIRUS AND FLU, PLEASE FOLLOW THE SIMPLE MEASURES BELOW:

- 1.) Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.**
- 2.) Avoid touching your eyes, nose, and mouth with unwashed hands.**
- 3.) Avoid close contact with people who are sick**
- 4.) Stay at home when you are sick. Please remember, Metro's standard sick protocol states that individuals must be fever-free (without the use of fever-reducing medications) and with symptoms improving for at least 24 hours before returning to school.**
- 5.) Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.**
- 6.) Clean and disinfect frequently touched objects and surfaces.**
- 7.) If you have a fever, cough, or difficulty breathing, seek medical care and share recent travel history with your healthcare provider.**
- 8.) Individuals with chronic health issues and/or individuals experiencing severe symptoms should be evaluated by a medical professional.**