

LOS ANGELES UNIFIED SCHOOL DISTRICT
Staying Healthy
Tips for Students, Families and Staff

- **Avoid close contact**
 - Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

- **Stay home when sick**
 - Remain at home until fever has been gone for at least 24 hours without the use of fever-reducing medicines.
 - Seek immediate medical care if symptoms become more severe, e.g., high fever or difficulty breathing.

- **Cover your Mouth and Nose**
 - Cover cough with a tissue or sleeve.
 - Provide adequate supplies within easy reach, including tissues and no-touch trash cans.

- **Wash hands frequently**
 - Encourage 20-seconds of hand washing by students and staff through education, scheduled time for handwashing, and have adequate supplies.

- **Avoid touching your eyes, nose or mouth**
 - Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

- **Practice other good health habits**
 - Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.
 - Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.