

Smart Strategies to Reduce Illness

At Home

Encourage family members to re-commit to self-health practices

- Wash your hands.
- Avoid touching your face, your nose, your mouth, your food with unwashed hands.
- Cover coughs and sneezes.
- Get vaccinated against flu, covid and other boosters.

Stay home or go home if you don't feel well

- If you aren't sure what you have and continue to worsen, reach out to your doctor. Here are a few helpful hints:
 - Note your symptoms – loss of taste/smell usually indicates COVID-19, wheezing could be RSV, chills/fever/body aches typically point to flu.
 - Remember, there are windows of time for treatment – 3 days for flu, 5 days for COVID-19, so don't delay seeking treatment if you think you have either of these.
 - As a first step, take a COVID-19 home test. If you are negative, talk to your doctor about the possibility of treatment for flu. If positive, stay home for 5 days (10 if symptoms are severe) and isolate from other family members if possible. Then, wear a mask out for another 5 days OR continue to stay home until you test negative on two consecutive home COVID test kits over a 48-hour period.
 - The health resource advocates (HRAs) at your childrens' schools are equipped to help you navigate this process.

Continue good practices to reduce the spread of germs

- Keep your home well ventilated.
- Try to keep sick family members isolated from healthy ones.
- Keep disinfectant wipes and hand sanitizer on hand.
- Routinely clean all commonly used and shared objects.