

FROM THE NURSE AT COLUMBUS TORAH ACADEMY

Dear CTA families,

As we head into flu season I wanted to let you know what is being reported regarding flu activity this year. The flu vaccine covers 4 different flu viruses. Preliminary results show that this year's flu vaccine is only 10% effective against the strain of the flu that is the most common this year. The good news is that you can take steps to keep your family healthy during the flu season.

Here are 5 ways to prevent the flu:

- Wash hands!
- Keep your hands off your face!
- Cover your cough or sneeze!
- Stay home if you are sick!
- Get the flu shot!

For more information check out these 3 sites:

These guidelines are from Dr. Will Sawyer, an infection prevention expert. See more at:

<https://www.henrythehand.com/>

Kids Health has reliable health information. Information is presented in a language readers can understand. There are sections for parents, teens, kids, and educators.

<https://kidshealth.org/en/kids/flu-spread.html?WT.ac=en-k-flu-center-d#catflu>

Another site for family friendly information is CAP4Kids. Here is the link to CAP4Kids recommendations for trustworthy health information:

<http://cap4kids.org/columbus/physical-health-resources/smart-places-to-find-health-information/>

Enjoy your time with family and friends this winter while staying healthy. Chris