

# Health Update



The health of our members and families is very important to us. Due to recent flu outbreaks, we would like to provide these tips to help keep you and your kids healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

We ask that you **please** keep your children at home for 7 days if they display any flu-like symptoms (such as fever of 100° F, cough, and/or sore throat), or until they have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further. It is also recommended that anyone displaying flu-like symptoms be assessed by a doctor.

Thank you!



**BOYS & GIRLS CLUBS**  
OF LAKE AND SUMTER COUNTIES