

In anticipation of the upcoming influenza season, BISD Health Services would like to share some health tips! The upcoming winter is being called the “perfect storm” as we anticipate our children will have the potential to contract [COVID variants, influenza](#) and [Respiratory syncytial virus](#) or RSV. Vaccines are available to prevent two of the three, **COVID and Flu!**

Bastrop ISD will not be administering influenza vaccines on campus. Please contact your healthcare provider, local health departments or pharmacy for a location near you or visit <https://getmyflushot.org/>.

**The single best way to prevent seasonal flu is to get vaccinated each year**, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are [flu antiviral drugs](#) that can be used to treat and prevent flu.

**1. 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.

**2. Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others. Students and staff must be fever free (less than 100.0) for 24 hours without the use of fever reducing medication before returning to school.

**3. Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

**4. Clean your hands.**

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

**5. 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.

**6. 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.

For more information visit the [Texas DSHS](#) or [CDC.gov](#) website or download the related CDC flyers. [Flu and You Flyer - English](#), [Flu and You Flyer - Spanish](#).