



HEALTH & WELLNESS TIPS

Combat the Flu

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw tissues in the trash immediately after use.
- Avoid touching your eyes, nose, or mouth.
- If you're sick, stay home from work or school, and limit contact with others.

Avoid E. Coli and Salmonella

- Disinfect toys, bathrooms, and food preparation surfaces frequently.
- Use diapers with water-absorbing outer covers.
- Wash dish towels weekly in hot water. Do not use sponges.
- Wash fruits and vegetables and cook meats, fish, and poultry thoroughly.
- Avoid raw eggs; use pasteurized eggs in recipes that call for uncooked eggs.
- If you're unsure of water quality, drink bottled fluids and avoid ice cubes.

Protect Yourself from MRSA

- Practice good food hygiene.
- Keep cuts and scrapes clean and covered with a bandage until healed.
- Avoid contact with others' wounds or bandages.
- Do not share personal items such as towels or razors.

Wash Your Hands With Soap And Water

A HEALTHIER ENVIRONMENT BEGINS HERE

West Rusk CISD is proud to partner with GermBlast® this school year. The GermBlast® service kills microorganisms in the environment that cause illness and infection such as the flu, stomach bug, staph infection, strep throat and much more. Our partnership provides the district with a healthier educational environment in which students are more likely to reach their full academic and athletic potential.



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