

Hello Pleasant St. Families:

The season to vaccinate for the flu is here; it's equally important for us adults to get vaccinated so we remain healthy and prepared when others get sick.

Other ways to avoid the flu, including Enterovirus are:

Cover your mouth when you cough or sneeze.

Wash your hands, frequently!

If you are sick, limit your contact with others.

Clean your home frequently, especially surfaces touched by those who are sick. A simple solution of 1/3 cup of bleach per gallon of water is an inexpensive alternative to prepared cleaners.

Look for other tips at www.cdc.gov/flu or www.mass.gov/dph/flu

Stay Healthy!

Nurse Jean