

*A WORD FROM THE BUTTE FALLS
COMMUNITY HEALTH CENTER:*



It's flu season!

Protect yourself from influenza and other wintertime "bugs"

How to protect yourself from the flu:

- ◆ Wash your hands, wash your hands, wash your hands!
- ◆ Wash with warm water and soap. Hand sanitizers are OK in a pinch, but they don't replace hand washing.

Symptoms of influenza:

- ◆ High fever, body aches, headache, cough, sore throat, very fatigued.
- ◆ Some people get diarrhea and vomiting, usually kids.
- ◆ Seek medical care if you have difficulty breathing or are becoming confused.

If you do get sick:

- ◆ Stay at home until you have had no fever for 24 hours.
- ◆ Drink plenty of fluids to replace those lost by fever.
- ◆ Cough into your shirt sleeve, or cough into a tissue, throw the tissue away and wash your hands afterwards.
- ◆ Don't share hand towels or dishes at home, sanitize a sick family members dishes.

Butte Falls Charter School Activities for February

--February 4th, OMSI is presenting 2 assemblies. K-3 will be treated to fun facts about Whales. They will have fun exploring an inflatable Model Whale. 4th-7th graders will learn about Hunters in the Sky. Both of these assemblies fit nicely into our Natural Resource curriculum.

--February 7th, k-5th grade will be off to Grants Pass for the play 'Miss Nelson is Missing'.

--February 12th, Jim Hutchins will visit the 1st graders for an art project.

--February 20th, Bugs R Us will be enhancing our Natural Resource curriculum with an assembly on worms and composting.