

## Help Prevent the Spread of Flu

We are seeing significant flu in our community and anticipate that this trend may continue for some time. Below are some reminders and other suggestions/tips for use in your schools. Please let us know if you have questions or if we can be of assistance.

Prevent the Spread of Flu:

- Stay home when sick!
  - Children and staff should stay home until they are fever free for 24 hours without the use of a fever reducer
  - If appropriate, change attendance policies to encourage kids to stay home when sick
- Cover coughs and sneezes!
  - Cough/sneeze into a tissue and throw the tissue away after use
  - If a tissue isn't available, cough into your upper sleeve or elbow
  - If appropriate, give kids an incentive/prize for good respiratory etiquette
- Wash Hands!
  - Encourage kids/staff to wash hands regularly throughout the day, especially before/after lunch and using the bathroom
  - If time and schedules permit, make an extra bathroom break for kids just for hand washing—before lunch would be great!
  - When possible, use hand sanitizers in addition to hand washing—give them a squirt when they walk in the classroom!
- Clean surfaces!
  - Use a household disinfectant or mix of 1 part bleach to 10 parts water to clean surfaces—this mix must be made daily and thrown away at the end of the day
  - Water fountains should be cleaned as well!

- Don't forget other frequently touched objects/surfaces--markers, scissors, doorknobs, chair backs, books, etc.
- Distance desks if possible!
- If and when possible, don't have kids face each other in the classroom
- Put as much space between desks as possible
- Take vaccine when available!
- Two vaccines this year!
- Take season flu vaccine when available
- Take novel H1N1 vaccine when available

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