



FLU TIPS FOR TEACHERS AND STAFF

Encourage students to cover their mouths with their elbow or a tissue when they cough or sneeze, and throw the tissue away. Have tissues available in the classroom. Trash should be emptied daily.

Remind students to practice good hygiene and wash their hands frequently. Make time to allow for handwashing during the day, especially before eating, after recess and after using the computers. Ensure that there are enough supplies such as soap and paper towels or hand gel.

Be a good role model. Cover your cough, wash your hands frequently, and practice good hygiene.

Keep an eye out for sick children and send them to the health office for evaluation. Sick children should stay home until they feel better and are fever free without the use of medications for 24 hours. Discontinue perfect attendance awards.

Clean any surfaces that have frequent contact such as desks, door handles and keyboards. Use cleaners appropriate for these items and be sure to follow label instructions for proper use.

Increase social distancing, spreading desks out to diminish contact between students. Allow for adequate ventilation in the room, opening doors and windows when possible. Consider cancelling field trips that require the students be in close contact.

Diminish the amount of group supplies. Students should use their own supplies whenever possible and avoid sharing items such as scissors, pens, crayons, etc. Individually identified ziplock bags for each student's supplies may help minimize the spread of germs.

Avoid sharing food. For classroom parties, be aware of hygiene when serving food items.

Develop plans for helping children keep up with schoolwork at home. Prepare to have homework assignments available for students who are home 7-10 days with the flu (homework packets, online assignments, etc).

Allow children with high-risk medical conditions to stay home when outbreaks occur. High-risk groups include students with asthma, diabetes, heart conditions, and the immuno-compromised.

Staff should stay home when sick. If you are pregnant or have a chronic condition such as asthma or diabetes, contact your physician or health care provider as soon as you notice symptoms.

If you have children, make plans for their care if they become ill.

The school nurses are tracking the types of symptoms coming into the health office to monitor any significant change in the numbers of sick children we are seeing. We are also in close contact with the school district administration and the local public health department. Because the target population for the swine flu is school-age children, we are expecting to see an increase in absenteeism this school year.