

Guidelines to Prevent and Control Influenza in the School Setting

Educate and encourage respiratory etiquette among staff, visitors and students, including:

- Using tissues to cover the mouth and nose when coughing.
- Disposing of tissues in a trash can after use and washing hands.
- Washing hands with soap and water for at least 20 seconds and drying with a paper towel. Using the paper towel to turn off faucet.
- Using an alcohol-based hand sanitizer to clean or decontaminate hands when soap and water are not available.

Depending on vaccine availability, encourage staff to get the influenza vaccine.

Keep restrooms fully stocked with soap and disposable towels. Empty trash cans often.

Ensure that tissues are in the classrooms.

Provide alcohol-based hand sanitizers in classrooms, libraries, gymnasiums, and other student sites.

Keep shared surfaces clean. Daily disinfect environment with an EPA approved disinfectant including doorknobs, desks, mats, and other potentially contaminated surfaces. (10% bleach solution may be used if changed daily)

Encourage staff and children to avoid touching eyes, nose or mouth.

Encourage students to wash their hands before eating and not to share utensils, drinking glasses or other personal items.

Exclude febrile children from the classroom. Recommend parents keep children with respiratory symptoms and fever out of school for at least 3-5 days after symptoms begin.