



United States Department of the Interior

BUREAU OF INDIAN EDUCATION
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Memorandum

COUGH, Sniffle, Sneeeeeeeze

Flu Season has arrived and is having a major impact across the United States.

The following suggestions and ideas are provided from the Center for Disease Control (CDC); this information and more can be found on their web site at www.cdc.gov

Lets ALL work together for the safety of our students and staff.

School specific information for School Administrators and Staff is available at the following websites:

- ❖ [Keep Flu Out of School](#)
Educational information and resources about flu prevention, including annual vaccination, for [school nurses](#), [parents and guardians](#), [teachers](#), and [students](#).
- ❖ [Guidance for School Administrators to Help Reduce the Spread of Seasonal Influenza in K-12 Schools\(https://www.cdc.gov/flu/school/guidance.htm\)](https://www.cdc.gov/flu/school/guidance.htm)
This document provides seasonal flu recommendations for K-12 schools.
- ❖ [How To Clean and Disinfect Schools to Help Slow the Spread of Flu\(https://www.cdc.gov/flu/school/cleaning.htm\)](https://www.cdc.gov/flu/school/cleaning.htm)
This guide gives K-12 schools tips on how to clean to help slow the spread of seasonal flu. A [Spanish version](#) is also available.
- ❖ [Questions and Answers: Information for Schools\(https://www.cdc.gov/flu/school/qa.htm\)](https://www.cdc.gov/flu/school/qa.htm)
This page provides answers to flu-related questions commonly asked by school administrators, teachers, staff, and parents.

- ❖ [Flu Information for Parents\(https://www.cdc.gov/flu/parents/index.htm\)](https://www.cdc.gov/flu/parents/index.htm)
Flu is more dangerous than the common cold for children. Learn more.

- ❖ [Children, the Flu, and the Flu Vaccine\(https://www.cdc.gov/flu/protect/children.htm\)](https://www.cdc.gov/flu/protect/children.htm)
This page provides information about children and the flu vaccine.

- ❖ [Protecting Against the Flu: Advice for Caregivers of Children Less Than 6 Months Old\(https://www.cdc.gov/flu/protect/infantcare.htm\)](https://www.cdc.gov/flu/protect/infantcare.htm)
Research has shown that children less than 5 years of age are at high risk of serious flu-related complications. Learn more.

- ❖ [Flu Season and Schools](#)
This site provides guidance from the Center for Health and Health Care in Schools (CHHCS).

- ❖ How to Clean and Disinfect Schools To Help Slow the Spread of Flu
 - www.cdc.gov/flu/school/cleaning

What are some of the symptoms of flu?

- Fever (although not everyone with flu has a fever)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Tiredness
- Sometimes diarrhea and vomiting

Emergency warning signs that indicate a person should get medical care right away include:

- In **children**:
 - Fast breathing or trouble breathing
 - Bluish skin color
 - Not drinking enough fluids
 - Not waking up or not interacting
 - Being so irritable that the child does not want to be held
 - Flu-like symptoms that improve but then return with fever and worse cough
 - Fever with rash
- In addition to the signs above, get medical help right away for any infant who has any of these signs:
 - Being unable to eat
 - Has trouble breathing
 - Has no tears when crying
 - Has significantly fewer wet diapers than normal

- **In adults**:
 - Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting
 - Flu-like symptoms that improve but then return with fever and worse cough

Please continue to take everyday preventive actions(<https://www.cdc.gov/flu/protect/habits/index.htm>) to stop the spread of germs.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- [Wash your hands](#) often with soap and water. If soap and water are not available, use an [alcohol-based hand rub](#).
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Encourage children, parents, and staff to take the following [everyday preventive actions](https://www.cdc.gov/flu/pdf/freeresources/updated/everyday-preventive-actions-8.5x11.pdf)[2 MB, 2 pages](https://www.cdc.gov/flu/pdf/freeresources/updated/everyday-preventive-actions-8.5x11.pdf):

- **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
- **Avoid touching your eyes, nose, or mouth.** Germs spread this way.
- **Clean and disinfect surfaces or objects.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.

Attached are two flyers that can be printed and provided to parents and community members

Please feel free to contact me at any time



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