

## FLU & FEVER INFORMATION



The CDC (Center for Disease Control) recommends that **students and staff with flu-like illness stay home until at least 24 hours after they no longer have a fever or signs of a fever.** This should be determined without the use of fever-reducing medications.

Students, staff and their families must take personal responsibility for helping to slow the spread of viruses. To help prevent students and school personnel from getting sick and

spreading the flu the following precautions should be followed:

- **Practice good hand hygiene.** Students and staff members should wash their hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- **Practice respiratory etiquette.** The flu virus is spread from person to person in the droplets produced by coughing and sneezing, so it's important to cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- **Stay home if you're sick.** Keeping sick students at home means they keep their viruses to themselves rather than sharing them with others.