

Keep Your School Healthy During Flu Season

Getting vaccinated each year is the best way to protect against flu.

The 2010-2011 seasonal flu vaccine will decrease the risk of influenza A, influenza B and H1N1 flu and is recommended for everyone 6 months of age and older, including these special groups:

- Women who will be at least three months pregnant during flu season (www.flu.gov or www.nichd.nih.gov)
- People with certain chronic medical conditions, such as asthma, diabetes and congestive heart failure
- People who live with or care for at-risk individuals
- People who reside in nursing homes and other long-term care facilities

Prevent or reduce infection

- Cover the nose and mouth with a tissue (or elbow if no tissue is available) when coughing or sneezing and discard the tissue after use.
- Wash hands often with soap and water for at least 15 seconds or use an alcohol-based hand sanitizer, especially after coughing or sneezing.
- Avoid close contact with others who are sick and if you are sick.
- Stay home from work, school and social gatherings when sick.
- Avoid touching the eyes, nose or mouth.

Keep your school healthy

- Allow students regular breaks to wash their hands (before eating and after using the restroom).
- Make sure restrooms are properly stocked with soap and paper towels.
- Make sure classrooms have tissues and wastebaskets for proper disposal.
- Discourage sick students from participating in activities that involve close contact, such as sports and choir.
- Make tissues available on school buses.
- Educate staff, students and families about hand hygiene and daily disinfection, such as cleaning desktops and doorknobs with disinfectant wipes.
- Make sure high-traffic areas and surfaces in schools and on school buses are disinfected.
- Use creative lessons to show students how germs spread.
- Teach students to cough and sneeze into their sleeves or elbows if tissue is not available.
- Teach students to wash their hands and face as soon as possible if a person sneezes or coughs on them.



Resources

www.choa.org/buildingbridges
www.choa.org/flu
www.cdc.gov/flu/school
www.flu.gov
www.nichd.nih.gov

Flu Recommendations for Schools

Incubation period	How is it spread?	When is a child most contagious?	Return to center or school?	Report to county health department?	Two lines of defense
One to four days (two days is typical)	<p>Highly contagious; person to person through coughing or sneezing</p> <p>Handling something contaminated with the flu virus and then touching the mouth, nose or eyes (The virus may live on surfaces, such as keyboards, toys, tissues, doorknobs and shared utensils, for several hours)</p>	Varies from the day before until the first seven days of illness	After 24 hours without fever and child's symptoms are improving	No	<p>Timely immunization</p> <ul style="list-style-type: none"> ■ The 2010-2011 seasonal flu vaccine decreases risk of influenza A, influenza B and H1N1 flu. ■ It is recommended for everyone age 6 months and older, especially caregivers of infants and young children. <p>Healthy habits</p> <ul style="list-style-type: none"> ■ Practice good handwashing and hygiene ■ Dispose of soiled tissues properly ■ Avoid sharing linens ■ Disinfect of high-traffic surfaces and toys ■ Cover coughs and sneezes with tissues ■ Cough into elbow or clothing when tissue is unavailable.