

Blount County Board of Education

Office of School Health

KEEP OUR SCHOOLS HEALTHY

Below are student and staff exclusion guidelines and preventative tips for maintaining a healthy school environment.

Flu Symptoms: Fever (*it's important to note that not everyone with flu will have a fever*), chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness), vomiting and diarrhea. If your child is experiencing one or more of these symptoms, it is advisable to contact your physician. Anyone can get the flu and serious complications can occur at any age.

Exclusion From School Guidelines:

Fever - 100°F (37.8°C) or greater – keep your child home until he/she is **fever free** for 24-hours **without fever reducing medications** (such as Tylenol, Ibuprofen, etc).

Vomiting- keep your child home until he/she is symptom free for 24-hours without antiemetic medications (Phenergan, Zofran, Emetrol, Pepto-Bismol, etc).

Diarrhea- keep your child home until he/she is symptom free for 24-hours without antidiarrheal medications (Imodium, Kaopectate, Pepto-Bismol, etc).

Coughing- Students with excessive coughing, contributing to the inability to participate in class work, should remain home until episodes resolve.

Runny Nose- Students who cannot control their secretions and/or have green, or yellow secretions should stay home until symptoms clear.

STAYING HEALTHY – The Flu Spreads Easily (Tips from the CDC)

People who have the flu usually have a runny nose, and they cough and sneeze. The flu virus can be carried in the droplets from these coughs and sneezes. Other people can get the flu by breathing these droplets in through their noses or mouths or touching surfaces contaminated with flu virus and then touching their noses or mouths. (www.cdc.gov/flu)

COVER YOUR COUGHS AND SNEEZES (always cover your mouth or nose with your arm or with a tissue. Immediately discard the tissue).

WASH YOUR HANDS (at least 20 seconds under running water).

CLEAN LIVING AND WORK AREAS (use disinfectants, do not share linens, utensils, or dishes).

KEEP YOUR DISTANCE (avoid crowds, avoid shaking hands, and maintain a distance from those exhibiting symptoms of the flu).