

FactSheet

Para Su Información

2009 H1N1 Flu School Recommendations

The Centers for Disease Control and Prevention (CDC) monitors the spread of both seasonal and 2009 H1N1 flu, and provides guidance to help limit the exposure and spread of flu-like illness.

The CDC recommends the following steps to help keep students, teachers and staff from getting sick with flu.

- Educate and encourage students and staff to cover their mouth and nose with a tissue when they cough or sneeze. Also, provide them with easy access to tissues and running water and soap or alcohol-based hand sanitizers. Remind them to cover coughs or sneezes using their elbow instead of their hand when a tissue is not available.
- Remind teachers, staff and students to practice good hand hygiene and provide the time and supplies for them to wash their hands as often as necessary.
- Send sick students, teachers and staff home and advise them and their families that sick people should stay at home until at least 24 hours after they no longer have a fever without the use of fever-reducing medicine.
- Clean surfaces and items that are more likely to have frequent hand contact, such as desks, door

knobs, keyboards, etc., with cleaning agents that are usually used in these areas.

- Move students, teachers and staff to a separate room if they become sick at school until they can be sent home. Limit the number of staff who take care of the sick person.
- Encourage early medical evaluation for sick students and staff at higher risk of complications from flu. People at high risk of flu complications who get sick will benefit from early treatment with antiviral medicines.
- Stay in regular communication with local public health officials.
- Review and update emergency plans, especially those related to influenza or infectious disease.

For more information, visit the CDC website at www.cdc.gov/h1n1flu or the health district's website at www.SouthernNevadaHealthDistrict.org.



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Updated 09-09