

Key Points to Prevent the Spread of Flu in Schools

- Basic infection control in school settings should always be promoted and maintained.
- **Stay home when sick**—Those with flu-like illness (fever, cough, sore throat, body aches and sometimes vomiting and diarrhea) should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. They should stay home even if they are using antiviral drugs. Please do not require a doctor's note or lab testing for students or employees who are ill with influenza-like illness to validate their illness or to return to work, as doctor's offices and medical facilities may be extremely busy and may not be able to provide such documentation in a timely way.
- **Separate ill students and staff**—Students and staff who appear to have flu-like illness should be sent to a room separate from others until they can be sent home. CDC recommends that they wear a surgical mask, if possible, and that those who care for ill students and staff wear protective gear such as a mask.
- **Hand hygiene**--CDC recommends that students and staff be encouraged to wash their hands often with soap and water, especially after coughing or sneezing. If soap and water are unavailable, alcohol hand sanitizers may be used instead.
- **Respiratory etiquette**—CDC recommends covering the nose and mouth with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available) and throwing the tissue in the trash after use, followed by hand washing.
- **Routine cleaning**—School staff should routinely clean areas that students and staff touch often with the cleaners they typically use. Special cleaning with bleach and other special cleaners is not necessary.