



Seven Flu Action Steps for Teachers

To prepare for the possible spread of H1N1 and seasonal flu, take the following steps to take care of yourself and lessen the chances of your students spreading germs or getting sick:

- 1) Teach and encourage students to cover their mouth and nose** with a tissue when they cough or sneeze. Provide them with easy access to tissues. Remind them to cover coughs or sneezes using their elbow instead of their hand when a tissue is not available.

- 2) Teach students to wash their hands often.** Provide access to running water and soap or alcohol-based hand cleaners for them to clean their hands as often as necessary.

- 3) Be a good role model** by practicing good hand-washing hygiene and covering your mouth and nose when coughing or sneezing.

- 4) Keep an eye out for sick students and send them to the school nurse or health aide for further evaluation.** Sick people should stay at home until at least 24 hours after they no longer have a fever or signs of a fever (without the use of fever-reducing medicine).

- 5) Stay home when you are sick. Don't share your virus with students or colleagues.** Stay home until at least 24 hours after you no longer have a fever or signs of a fever (without the use of fever-reducing medicine).

- 6) If you are pregnant, have asthma, diabetes, or other conditions that put you at higher risk for complications from the flu,** speak with your doctor as soon as possible if you develop symptoms of flu-like illness. People at high risk of flu complications who develop flu can benefit from early treatment with antiviral medicines.

- 7) If you have children,** plan ahead for child care if your child gets sick.