



Influenza Preparedness for Schools

Workplace Strategies

Influenza can spread rapidly in school environments where students and staff are in close proximity. In order for students and staff to remain healthy and be safe, teachers and other staff members may want to remember these helpful suggestions that include some basic hygiene precautions that can be used in every school.

- Stay home if you experience a fever of 100° or higher until the fever has been gone for 24 hours without the use of fever-reducing medications.
- Wash your hands frequently with soap and water for 20 seconds or with a hand sanitizer (containing at least 60% alcohol) if soap and water is not available.
- Avoid touching your nose, mouth and eyes.
- Cover your coughs and sneezes with a tissue.
- If wearing gloves, always wash your hands after removing them.
- Keep frequently touched common surfaces clean (for example, telephones, computer equipment, etc.).
- Try not to use other workers' phones, desks, offices, or other work tools and equipment.
- Maintain a healthy lifestyle; attention to rest, diet, exercise, and relaxation helps maintain physical and emotional health.
- Get a flu shot.