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Influenza Preparedness for Schools

Workplace Prevention Tips

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 are not available.
- Avoid touching your nose, mouth and eyes.
- Cover your coughs and sneezes with a tissue, or cough and sneeze into your upper sleeve. Dispose of tissues in no-touch trash receptacles.
- Wash your hands or use a hand sanitizer after coughing, sneezing, or blowing your nose.
- If wearing gloves, always wash your hands after removing them.
- Keep frequently touched common surfaces (for example, telephones, computer equipment, etc.) clean.
- 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.

Hints for Teachers

Instruct students to:

- Cover their mouths and noses when they cough and/or sneeze.
- Wash their hands often.
- Use the hand sanitizers when available in the classroom.
- Avoid sharing food and drinks with other students.
- Avoid sharing pens, pencils, etc. with other students.
- Instruct students to clean up their desk areas before they leave the classroom (taking with them their pencils and pens, their tissues, etc).

For further information, please visit the Orange County Department of Education's H1N1/Flu website at http://www.ocde.k12.ca.us/flu_update.asp