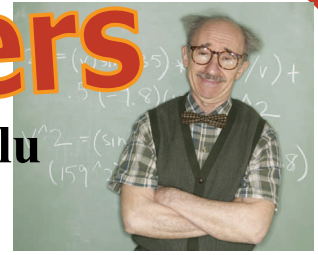


What **teachers** Need to Know about Flu



Signs & Symptoms of Flu:

1. Sudden onset of symptoms
2. Fever over 100° F in adults, and as high as 103° to 105° F in children
3. Chills and sweats
4. Headache
5. Dry cough; can become severe
6. Muscle/joint aches and pains
7. Fatigue and weakness
8. Loss of appetite
9. Diarrhea and vomiting

Seasonal & H1N1 Flu

- Flu is a contagious respiratory illness caused by influenza viruses; H1N1 is also called “Swine” flu.
- Flu spreads from person to person (cough, sneeze, runny nose).
- In the US, 5% to 20% of the population gets seasonal flu.
- About 36,000 people die annually from flu-related causes in the US.
- H1N1 has caused greater disease burden in people **younger than 25 years of age** than in older people.
- People with certain chronic conditions may be at high risk for serious flu complications and should consult their physician.
- Those infected and contagious can infect others from 1 day before getting sick to 5 to 7 days after, possibly longer in children and people with weakened immune systems.



PREVENTION IS KEY!

- **Educate and encourage students to cover mouth and nose with a tissue** when they cough or sneeze. Instruct them to cover coughs or sneezes using their elbow when a tissue is not available.
- **Remind students to practice good hand hygiene** and provide the time and supplies for them to wash their hands frequently.
- **Be a good role model** by practicing good hygiene and covering coughs and sneezes.
- **Keep an eye out for sick students** and send them to the school health office for further evaluation.
- **Clean surfaces and items** that are more likely to have frequent hand contact (desks, door knobs, keyboards, pens, etc.).
- **Teachers should stay home when sick.** Stay home until at least 24 hours after you no longer have a fever or signs of a fever
- **If you are pregnant, have asthma, diabetes, or other conditions that put you at higher risk for complications from the flu,** you should **speak with your doctor as soon as possible** if you develop symptoms of flu-like illness.
- **If you have children,** plan ahead for child care if your child gets sick or his or her school is closed.

Be prepared in case the flu becomes more severe.

- **Develop options for how school work can be continued at home** if school is closed or your students are home because someone in their household is sick.
- **Be prepared for sick students and/or staff to stay home for at least 7 days,** even if they feel better sooner.
- **Allow high-risk students to stay home.** These students should make this decision in consultation with their physician or other health professional.
- **Find ways to increase social distances** in your classroom. For example, you might rearrange desks so that there is more space between students. Consider canceling classes that bring students together from different rooms and postponing class trips.

FOR MORE INFORMATION

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1-800-CDC-INFO