

Get Ready for Flu Season!

What are the signs and symptom of the flu?

Symptoms of the flu include fever (100 degrees F or 37.8 C degrees or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, feeling very tired, vomit or diarrhea.



What can families, students and teachers do to keep from getting sick and spreading the flu?

- Wash your hands often with soap and water.
- Cough or sneeze into your elbow or shoulder or into a Kleenex (not your hands).
- Stay home if you are sick.

What is the best way to practice good hand washing?

- Wash your hands for at least 20 second (Sing “Happy Birthday” twice).
- Alcohol-based hand cleaners containing at least 60% alcohol are effective.

How can schools help to keep students and staff from getting sick?

- Remind everyone to cough into their sleeve or shoulder.
- Remind everyone to wash their hands often with soap and water.
- Easy access to good hand washing with soap and water.
- Send sick students and staff home.
- Sick student and staff will need to stay home until at least 24 hours after they no longer have a fever or signs of a fever **without** using fever lowering medicines like Tylenol or Motrin.
- Clean surfaces with frequent hand contact with regular cleaning agents.
- Keep sick students and staff separate from well students and staff.
- Encourage sick students and staff at higher risk of complications from flu to get a medical evaluation as soon as possible. (Taking anti-viral medicine early might prevent severe complications from the flu).

How do I recognize a fever or signs of a fever?

- A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees F (38 degrees Celsius).
- If you do not have a thermometer, a sick person with a fever might feel warm, appear flushed or sweat and shiver.

How long should a sick person with a fever stay home from school?

- The sick person should stay home for at least 24 hours after they no longer have a fever or do not feel feverish, without using fever lowering medicine like Tylenol or Motrin.
- If the flu condition becomes more severe, the sick person should stay home for 7 days, or until they no longer have symptoms for 24 hours.

