

Action Steps for Parents to Protect Your Child and Family from the Flu this School Year

1. The Centers for Disease Control and Prevention (CDC) recommends 3 main ways you and your family may keep from getting sick with the flu at school and at home:

- 1. Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.
- 2. Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.
- 3. Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.

If flu conditions become MORE severe, parents should consider the following steps:

Extend the time sick children stay home for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have completely gone away.

If a household member is sick, keep any school-aged brothers or sisters home for 5 days from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.

Follow these steps to prepare for the flu during the 2009-2010 school year:

Plan for child care at home if your child gets sick or their school is dismissed.

Plan to monitor the health of the sick child and any other children in the household by checking for fever and other symptoms of flu.

Identify if you have children who are at higher risk of serious disease from the flu and talk to your healthcare provider about a plan to protect them during the flu season. Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions, such as asthma and diabetes.

Identify a separate room in the house for the care of sick family members.

Update emergency contact lists.

For more information:

Visit: www.flu.gov

Contact CDC 24 Hours/Every Day

1-800-CDC-INFO (232-4636)

Pro - active steps Stone Bank School is taking to limit the spread of germs at school:

- Encourage students to wash hands **frequently** and **thoroughly** .
- Encourage students to cover their mouth and nose with a tissue or elbow when coughing and sneezing. (Classrooms are in need of boxes of tissues.)
- Encourage students to clean hands after coughing or sneezing by using soap and water and/or an alcohol-based hand cleaner. Hand cleaner will be available in all classrooms.
- Staff has been trained by Karen Peskie, R.N., our school nurse consultant, during teacher in service days in August.