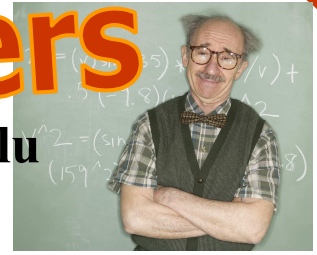




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# What **teachers** Need to Know about Flu



## 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 in children

### 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 cancelling classes that bring students together from different rooms and postponing class trips.

### FOR MORE INFORMATION

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1-800-CDC-INFO