Protect Yourself and Your Students from Flu During the School Year

Teachers:

You can protect yourself and your students by practicing and promoting healthy habits during the school year. Because you and your students are in close contact for much of the day, schools can become places where flu quickly spreads. Plan to stay home if you have flu-like symptoms. Encourage your students to go home and stay home while they're sick. By practicing healthy habits, you and your students will be doing your part to help prevent the spread of flu.

Practice and promote these actions to help keep yourself and your students well:

Get vaccinated.

Stay home if you're sick.

- If your student gets sick at school, ask their parent or guardian to pick them up and take them home.
- Encourage your student to stay home for at least 24 hours after their fever is gone without using medicine that lowers fever.

Cover your nose and mouth with a tissue when you cough or sneeze.

- Throw away dirty tissues.
- Use your sleeve or elbow if you don't have a tissue.
- Wash or sanitize your hands.

Wash your hands often at school.

- Wash with soap and water for at least 20 seconds (the time it takes to hum the "Happy Birthday" song twice).
- Use hand sanitizer with at least 60% alcohol if you don't have soap and water.

Clean frequently touched surfaces and objects in the classroom.

- Use soap and water, a bleach and water solution, or products with a label that says "EPA-approved" to clean items, such as computer keyboards and desks.
- Always follow the directions on product labels.

www.cdc.gov/npi 1-800-CDC-INFO (232-4636) www.cdc.gov/info
TTY:888-232-6348

National Center for Emerging and Zoonotic Infectious Diseases
Division of Global Migration and Quarantine

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