

## Helpful things for school to do to be ready for the Pandemic Flu

1. **Cover your cough, toss the tissue, and wash your hands often with soap and water.**
2. **Stay home if sick.** If you have flu-like illness, stay home for a least a day after the fever is gone, without using fever-reducing medicine. Talk with your doctor if you are pregnant, or have asthma, diabetes, neuromuscular disease, immune system problems or other chronic diseases. ([www.cdc.gov/h1n1/guidance/exclusion.htm](http://www.cdc.gov/h1n1/guidance/exclusion.htm))
3. **Get flu shots. Get a seasonal flu shot and shots for H1N1 flu, when available.**

### For school staff

4. **Teach cough etiquette and hand-washing.**
  - a. Hygiene posters are available: <http://dpi.wi.gov/sspw/pandemicflu.html> and <http://dpi.wi.gov/sspw/panfluoutbreak.html>
  - b. LESSONS ON COMMUNICABLE DISEASE PREVENTION K-12 are available at the following website: [http://dpi.wi.gov/sspw/pdf/k\\_12communicable.pdf](http://dpi.wi.gov/sspw/pdf/k_12communicable.pdf)
5. **Separate sick students and staff.** Send people with flu-like illness home. Keep ill people separated from others by 6 feet or more until they can be sent home.
6. **Keep it clean.** Do routine cleaning of areas touched often with normal cleaners. EPA approved cleaning agents are available for use in each building.

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