

## **Influenza Preparedness for Schools**

### **Tips for Parents**

According to the Alabama Department of Public Health, we are currently experiencing a significantly active flu season across the state as well as the nation. Flu symptoms are highly contagious when people share close quarters as children do in school classrooms. Unfortunately, we know that the flu can lead to severe complications even for healthy children and young adults.

Dothan City Schools are doing everything possible to protect the health of our students and staff to limit the spread of any illness. We are taking extra steps to disinfect common contact surfaces, such as door knobs, handrails, desks, key boards, etc. Our school nurses are staying informed and monitoring flu-like symptoms on a daily basis.

Everyone plays a role in stopping the spread of germs that causes the flu. Practicing these prevention tips can help. Please share these tips with your children.

#### **Preventive Measures**

- **Practice good hand hygiene:** wash their hands often with soap and hot water for 20 seconds. Hand sanitizer may also be used.
- **Practice good respiratory etiquette:** cough/sneeze into your elbow or tissue.
- **Do not touch your eyes, nose, or mouth:** Germs spread this way.
- **Do not share personal items:** like drink, food, pencils, pen, and crayons.
- **Get your yearly flu vaccine:** CDC recommends all children age 6 months - 19 years get the flu vaccine.

#### **When Flu Occurs**

- **Know the signs and symptoms of the flu:** fever 100 or higher, cough, sore throat, runny or stuffy nose, body aches, headache, feeling tired, vomiting, and diarrhea.
- **Don't send children to school if sick:** Those with flu-like symptoms should remain home for 48 hours free of fever and without use of fever-reducing medicines.( Tylenol, Ibuprofen)

**TOGETHER WE CAN ALL STAY HEALTHY**

