

Centers for Disease Control
Suggested Action Steps for Teachers

August 2009

Take the following steps ALL the time and not only during a flu pandemic to help keep your students and yourself from getting sick with flu.

- **Educate and encourage students to cover their mouth and nose with a tissue** when they cough or sneeze. Also, provide them with easy access to tissues. Remind them to cover coughs or sneezes using their elbow instead of their hand when a tissue is not available.
- **Remind students to practice good hand hygiene** and provide the time and supplies (easy access to running water and soap or alcohol-based hand cleaners) for them to wash their hands as often as necessary.
- **Be a good role model** by practicing good hand hygiene and covering your mouth and nose when coughing or sneezing.
- **Keep an eye out for sick students and send them to the school health office for further evaluation.** Sick people should stay at home until at least 24 hours after they no longer have a fever or signs of a fever (without the use of fever-reducing medicine).
- **Clean surfaces and items** that are more likely to have frequent hand contact such as desks, door knobs, keyboards, or pens, with cleaning agents that are usually used in these areas.
- **Teachers should also stay home when sick.** Stay home until at least 24 hours after you no longer have a fever or signs of a fever (without the use of fever-reducing medicine).
- **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. People at high risk of flu complications who develop flu can benefit from early treatment with antiviral medicines.
- **If you have children,** plan ahead for child care if your child gets sick or his or her school is dismissed.