

Influenza Prevention Guidance

Students or staff with influenza should **stay home for at least 24 hours after his or her fever is gone** except to get medical care or for other necessities. The fever should be gone without the use of a fever-reducing medicine before returning to work or school. A fever is defined as 100°F (37.8°C) or higher.

The single best way to protect against seasonal flu and its potential severe complications is to get a seasonal influenza vaccine each year. Flu vaccination is recommended for all children aged 6 months and older. Additionally, encourage children, parents, and staff to take the following everyday preventative actions:

- **Stay home when you are sick.** Stay home from work, school, social gatherings, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
- **Practice good hand hygiene and avoid touching your eyes, nose, or mouth.**
- **Cover your coughs and sneezes.** Cough into your elbow or a tissue and **wash your hands or use hand sanitizer** after coughing or sneezing.
- **Clean and disinfect surfaces or objects.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.

Influenza Prevention Resources:

- Outbreak Report Form-
 - If your school is experiencing an influenza outbreak , please let me know by phone or email. **An outbreak report is needed if you have 11% or more students gone due to ILI/influenza and have parent and/or provider reported cases of confirmed influenza.** If you have any questions, please let me know.
- CDC School Influenza Guide: <https://www.cdc.gov/flu/school/guidance.htm>.



[Guidance for School Administrators to Help Reduce the Spread of Seasonal Influenza in K-12 Schools | CDC - Centers for Disease Control and Prevention](https://www.cdc.gov/flu/school/guidance.htm)

This document from the Centers for Disease Control and Prevention (CDC), an agency of the U.S. Department of Health and Human Services, provides guidance to help reduce the spread of seasonal influenza (flu) among students and staff in K-12 schools.

www.cdc.gov