

Preventing the Flu: Good Health Habits Can Help Stop Germs

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

Stay home from work, school, and errands when you are sick. Keep sick children at home. You will help prevent others from catching the illness. If staff or students develop flu symptoms while at school, they may be given a mask to wear until they can leave school grounds.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing, throw the tissue away, and wash your hands. If you do not have a tissue, consider using your sleeve. “Why Don’t You Do It In Your Sleeve” video can be viewed at: <http://www.coughsafe.com/media.html>

4. Wash your hands often.

Washing your hands and the hands of your children often will help protect you from germs. Alcohol-based, hand sanitizers are also effective, students and staff may bring their own supply to school for individual use only.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

When to keep your child home:

See next page—Conditions of Short Term Exclusion and Absences.

When to go to the doctor or hospital?

For minor flu symptoms, contact your health care provider for advice. If your child has any of the following warning signs, fast breathing or trouble breathing, bluish or gray skin color, not drinking enough fluids, severe or persistent vomiting, not waking up or interacting, being so irritable the child does not want to be held, flu-like symptoms improve but then return with fever and worse cough or adults with shortness of breath, chest pain or pressure, sudden dizziness, confusion, severe or persistent vomiting, seek emergency care immediately.

For additional information, contact the Centers for Disease Control and Prevention at 1-800-CDC-INFO, online at <http://www.cdc.gov> ; the Colorado Department of Public Health and Environment at <http://www.cdphe.state.co.us/> or the Colorado Help Line at 1-877-462-2911. If you have specific questions about district procedures, visit the district Web site at www.thompsonschoools.org. The Thompson School District is in direct contact with the Colorado Department of Public Health and Environment (CDPHE).

Thank you for your cooperation in keeping our children and our schools healthy.

Conditions for Short Term Exclusion and Absences

(Reference: Colorado Department of Public Health and Environment, Infectious Disease in School Settings)

The following are some common health conditions for which a student will not be permitted in school; less common conditions are not listed.

- ❑ **Fever:** Temperature greater than 101° F (oral). Temperature should be back to normal for 24 hours prior to return to school.
- ❑ **General illness:** with or without fever, along with changes in behavior and/or the student looks and acts sick; which the health department defines as a student who is not able to participate comfortably in his/her usual activities or if the student has persistent crying or requires more care than school personnel are able to provide.
- ❑ **Diarrhea:** Until resolved and includes times when stools are so loose they can't be contained in a diaper or controlled by the child.
- ❑ **Signs of possible severe illness** (for example persistent crying, extreme irritability, severe or uncontrolled coughing, difficulty breathing, wheezing, lethargy).
- ❑ **Vomiting:** when this occurs and is accompanied by symptoms of illness, is the result of a head injury, or if the vomit appears green or bloody.
- ❑ **Rash:** When there is rash with a fever or behavior change or until the origin of the rash has been deemed by the physician to be non-contagious in nature.
- ❑ **Infectious conjunctivitis:** (pink eye) with purulent discharge, until 24 hours after treatment is started.
- ❑ **Impetigo:** until 24 hours after treatment is started.
- ❑ **Strep** throat, scarlet fever, or other strep infection-until 24 hours after treatment started and the child no longer has a fever.
- ❑ **Chicken pox:** Until all sores have crusted over.
- ❑ **Oral herpes:** (if the child is drooling or the lesions cannot be covered) until lesions heal.
- ❑ **Flu symptoms:** Elevated temperature (>100° F) or fever (>101° F) and sore throat, cough, runny nose, body aches, vomiting or diarrhea. Stay home from school until fever or symptoms of fever are gone for 24 hours without the aid of medications.