

Action Steps for NM Teachers to Prevent the Spread of Flu

It is recommended that the following steps occur 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.
- **Get vaccinated against flu.** Both seasonal flu vaccine and H1N1 flu vaccine will be available this fall. Discuss having a school-based vaccination clinic at your school with your administrator, or contact your healthcare provider.
- **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 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.

For more information, visit:

CDC Guidance: www.flu.gov/plan/school/schoolguidance.html

www.cdc.gov/h1n1flu/

www.flu.gov

www.nmhealth.org/H1N1/index.shtml

www.sde.state.nm.us/press/2009/h1n1/index.html

Contact your healthcare provider or the New Mexico Nurse Advice Line at 1-877-725-2552 for more health information.

September 8, 2009