

INDEPENDENT SCHOOL DISTRICT 196

Rosemount-Apple Valley-Eagan Public Schools

Educating our students to reach their full potential

TALKING WITH STUDENTS ABOUT THE FLU

September 2009

To students:

With everyone returning from summer break, there is concern about the possible spread of the flu in our schools. We want you to be healthy and in school as much as possible. If you do get sick, however, we want you to stay home from school and return only after you have been fever free for 24 hours without the use of fever-reducing medications such as Tylenol, Motrin or Ibuprofen. Like always, if you start feeling ill during the day, tell your teacher and see the school nurse.

There are three simple steps each of us can take that will help reduce the chances of getting sick and spreading the illness to others:

1. Wash your hands frequently and avoid touching your face;

- Your hands pick up germs from everything you touch. Wash them frequently, especially before eating. It is best to wash with soap and water (for 20 seconds), but hand sanitizer can also be used if soap and water are not available. There will be a hand sanitizer dispenser available in the cafeteria and you can bring hand sanitizer from home to use at other times during the day.
- Germs are transferred into our body through the eyes, nose and mouth. Avoid touching these areas of your face and do not put objects such as pens or pencils in your mouth.
- Remind your friends to wash their hands frequently and avoid touching their face.

2. Cover your coughs and sneezes, and

- Germs are also transferred when we cough or sneeze. Always cover your coughs and sneezes with your sleeve or tissue, and throw away used tissues immediately.
- See the school nurse if you are coughing and sneezing a lot.
- Remind your friends to cough or sneeze into their sleeve or a tissue, and to see the nurse if they feel ill.

3. Stay home if you are sick.

- Illness spreads when people who are sick come into close contact with others.
- If you have a temperature of 100° or higher and a cough or sore throat, you have symptoms of an influenza-like illness and should stay home from school and work.
- Do not return to school until you have been fever-free for 24 hours without the use of fever-reducing medication such as Ibuprofen, Motrin or Tylenol.

These three simple steps can reduce your chance of becoming ill or infecting others. Practice good hygiene habits at home, too, to help keep your family healthy so they can go to work and school.