



Keep Your School Healthy!

#1: Your number one defense is good hand hygiene!

- **Wash hands well and often.** Wash with soap and water for at least 20 seconds. **If you can't wash with soap and water**, use a hand sanitizer.
- **Remind children** to keep hands away from faces and don't touch their mouth, nose or eyes.
- **Cover your cough.** Cough into the inside of your elbow, or into a tissue — not your hands! Discard the tissue and wash hands or use hand sanitizer as soon as possible, and encourage students and coworkers to do the same.
- **Don't share** water bottles, utensils, cups, etc. with others.
- **Consider cleaning** commonly used areas such as key boards and telephones with appropriate cleaners on a daily basis.

#2: Stay home if you are sick.

Signs and Symptoms of Illness:

- Temperature over 100 degrees F orally
- Nausea or vomiting
- Stomachache
- Diarrhea
- Headache not relieved with OTC pain medication or with other flu-like symptoms, such as generalized body aches.
- Persistent or productive cough that affects or inhibits daily activities.
- Thick yellowish discharge from the nose
- Red or pink eyes with continuous drainage
- Fatigue, loss of energy, or decrease in activity

When to return to school:

- Fever free for 24 hours without the use of a fever reducing medication (i.e. Tylenol)
- In general, it is best to wait until your symptoms have resolved and you are feeling better before returning to school. If you have had vomiting or diarrhea please stay home for 24 hours after symptoms end.
- If started on an antibiotic or other medication, the provider should state when can return to school.