

In regard to influenza/2009 H1N1, federal and state health authorities advise:

1. Students and employees stay home when sick. Those with flu-like symptoms and a fever equal to or greater than 100 degrees should stay home at least 24 hours after they no longer have a fever.
 2. Students with ill household members should stay home.
 3. Immediately separate ill students and staff until they can leave school.
 4. Routinely clean areas that students and staff touch often. The Centers for Disease and Control (CDC) indicates it is NOT necessary to clean with bleach and other non-detergent based cleaners.
 5. Hand hygiene and respiratory etiquette should be routinely stressed to students and staff. Wash hands frequently with soap and water; cover noses and mouths with a tissue when coughing or into a shirtsleeve or elbow if no tissue is available.
 6. Remind students not to share anything that could facilitate transmission, such as make-up, drinks, school supplies, etc.
 7. Increase the distance between people at schools to the extent possible.
 8. There are people who are more at-risk of 2009 H1N1 complications, including those who are pregnant, have asthma or diabetes, have compromised immune systems or have neuromuscular diseases, such as cerebral palsy or Down's Syndrome. Those at high risk should consult their doctor if an outbreak occurs and may want to consider staying home until it subsides. We do not have many schools in Oklahoma where all or most students are at high risk, and leaders of such schools should be in close consult with their county health officials this flu season.
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9. Consider how your school can extend educational services if you close school or have high-risk students staying home. Do teachers have phone numbers and email addresses for parents to facilitate instruction and assignments? Can staff Web pages or district Web sites be utilized for instructional delivery?
 10. Form an alliance with your county health department before this flu season, inform officials of any suspected cases and/or outbreaks so they can assist with mitigation and monitoring, and heed their recommendations.