



# North Central District Health Department

*Proudly Serving the Counties of:*  
Antelope, Boyd, Brown, Cherry, Holt, Keya Paha, Knox, Pierce and Rock

## Important Health Alert:

Below are the recommendations for schools from the Center for Disease Control and Prevention that may be helpful to you.

### Recommendations

- Encourage students, parents, and staff to take everyday preventive actions to stop the spread of germs.
  - Encourage respiratory etiquette among students and staff through education and the provision of supplies.
  - Encourage hand hygiene among students and staff through education, handwashing time, and the provision of supplies.
  - Encourage students and staff to keep their hands away from their nose, mouth, and eyes.
- Encourage students and staff to stay home when sick through education and policy.
  - Teach students, parents, and staff the importance of staying home when sick until at least 24 hours after they no longer have a fever (usually defined as 100 degrees Fahrenheit or 37.8 degrees Celsius, measured by mouth) or signs of a fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever-reducing medicine.
  - Review school policies, and consider revising those that make it difficult for students and staff to stay home when sick or when caring for others who are sick. Avoid the use of perfect attendance awards. Cross-train staff so others can cover for co-workers who need to stay home.
- Encourage routine surface cleaning through education, policy, and the provision of supplies.
  - Each day, routinely clean surfaces and objects that are touched often, such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, and phones. Empty trash cans frequently.
  - Use general cleaning products that you normally use on surfaces to clean (remove germs) and disinfect (kill germs). Always follow label directions on cleaning products and disinfectants. Additional disinfection beyond routine cleaning is not recommended.
  - Provide adequate supplies, including general EPA-registered cleaning products, gloves, disinfecting wipes, and no-touch trash cans.
  - Place disinfecting wipes in classrooms, and encourage students and staff to wipe down frequently-touched surfaces and objects before each use.
  - Most studies have shown that the flu virus can live and potentially infect a person for only 2 to 8 hours after being deposited on a surface. Therefore, it is not necessary to close schools to clean or disinfect every surface in the building to slow the spread of flu.
- Educate students, parents, and staff on what to do if someone gets sick.
  - Teach students, parents, and staff the signs and symptoms of flu, emergency warning signs, and high-risk groups. See lists at the beginning of this document.
  - Separate sick students and staff from others until they can be picked up to go home. When feasible, identify a "sick room" through which others do not regularly pass. The sick room should

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be separated from areas used by well students for routine health activities, such as picking up medications. Caregivers should be limited in number and should not be at high risk for severe illness if they get sick.

- Encourage students, parents, and staff to take antiviral drugs if their doctor or other health-care provider prescribes them.
- Establish relationships with state and local health officials so that you can take action quickly if flu conditions become more severe in your community.
  - Follow your local flu situation through close communication with state and local health officials.
  - Although school dismissal and closure are not recommended for the control of seasonal flu, work with state and local health officials to determine if and when you should dismiss students based on the severity of disease in your community. Some schools may decide to close based on local considerations, such as high student and staff absenteeism.

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