



Instructions for Schools to Prevent the Spread of Flu

- Send sick students, teachers, and staff **home or to a healthcare facility**. Sick people should stay at home for 7 days and until at least 24 hours after there is no longer a fever or signs of fever without the use of medication
- Teach students, teachers, and staff the following steps to help them avoid getting sick with flu:
 - Wash your hands often with **soap and water**, especially after you cough or sneeze. If soap and water are not available, use an alcohol-based hand gel containing at least 60% alcohol
 - **Cover your nose and mouth** with a tissue when you cough or sneeze and throw the tissue in the trash after using it. Using your elbow is better than sneezing into the air if you did not find tissue
 - **Avoid touching your eyes, nose or mouth**; germs spread this way
- Schools should provide **easy access** to tissues, running water, soap and alcohol-based hand cleaners; and teach the cleaning staff to **disinfect surfaces** and items that is more likely to have frequent hand contact such as desks, door knobs, keyboards.
- Keep the sick **student/staff member away from other people** as much as possible. Keep the sick person in a room separate from the common areas of the school until they can be sent home.
- **Avoid being face-to-face with the sick person**. When holding small children who are sick, place their chin on your shoulder so that they will not cough in your face. Consider using a face mask.



- **Identify students and staff at High Risk for Flu Complications:**
 - Children at high risk of serious disease from the flu include: children under 5 years of age and those children with chronic medical conditions. These include respiratory disease (notably asthma), cardiovascular disease, diabetes and immunosuppression. In addition, pregnant women, over 65 years and all children younger than 5 years old
 - Encourage **early medical evaluation** for sick students and staff at higher risk of complications from flu. People at high risk of flu complications who get sick will benefit from early treatment with antiviral medicines
 - Allow high-risk students to stay home in the case of a flu outbreak. These students should make this decision in consultation with their physician or other health professional
- Update student, teacher, and staff **contact information** as well as **emergency contact lists**.
- Remember to fill in a **notification form** for children with influenza-like illness, and send it to ADEC (until further instructions stating otherwise).
- Develop a plan to **cover key staff positions**, such as the school nurse, when staff stays home because they are sick.
- **Disseminate fact sheets** to parents. Remind parents and staff that sick students and staff should remain at home for 7 days and until at least 24 hours after there is no longer a fever or signs of fever without the use of medication.
- For any updates about Influenza like illness stay in **regular communication** with the Abu Dhabi Education Council and the Public Health Department at the Health Authority of Abu Dhabi.

For updates and information on H1N1 call the National H1N1 hotline number (800 358) or visit HAAD's website (www.haad.ae/h1n1)