



## Instructions for Teachers to Prevent the Spread of Flu

Follow these steps ALL the time and not only during a flu pandemic to help keep your students and yourself from getting sick with flu:

- Teach students 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
- Be a **good role model** by practicing good hand hygiene and covering your mouth and nose when coughing or sneezing.
- Provide **easy access to running water and soap** or alcohol-based hand cleaners for students to wash their hands.
- Ensure that surfaces and items that are more likely to have frequent hand contact such as desks, door knobs, keyboards, or pens, are **cleaned**.
- Keep an eye out for sick students and send them to the school health office for further evaluation. 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 (Note: you should also stay at home for 7 days if you are sick).



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- If you are pregnant, have asthma, cardiovascular disease, diabetes, or other conditions that put you at **higher risk for complications from the flu**, you should speak with your doctor as soon as possible if you develop symptoms of flu-like illness. People at high risk of flu complications who develop flu can benefit from early treatment with antiviral medicines.
- Develop options for how **school work can be continued at home** (e.g., homework packets, Web-based lessons, phone calls), if school is dismissed or your students are home because someone in their household is sick.
- Find ways to **increase social distances** (the space between people) in your classroom. For example, you might rearrange desks so that there is more space between students, consider canceling classes that bring students together from different rooms, or postpone class trips.

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