

Teach Flu a Lesson

A Checklist for School and Childcare Staff

Influenza (flu) outbreaks are expected annually. Children are at a higher risk of getting the flu. The flu can be serious, resulting in hospitalizations and deaths every year. Please use this checklist to help prevent flu infections and help keep children safe, healthy, and in school.

Preventing the Flu

- ✓ Encourage children, students, staff, and their families to get their yearly flu vaccine. The flu vaccine is the best method to prevent the flu.
- ✓ Provide information about the benefits and safety of the flu vaccine. Inform parents/guardians and staff where the flu shot is available in their communities.
- ✓ Teach and encourage everyone to cover their mouths with a tissue or their elbow when they cough or sneeze.
- ✓ Teach and encourage everyone to frequently and properly wash their hands.
- ✓ Routinely clean and disinfect commonly touched areas and shared items such as door handles, desks, countertops, faucet handles, light switches, lockers, vending machines, drinking fountains and toys.
- ✓ Have a plan in place in case you experience a large flu outbreak and need to dismiss school.

When Flu Occurs

- ✓ Encourage all staff with the flu to stay home.
- ✓ Encourage parents/guardians to keep children with flu at home.
- ✓ Monitor any child with respiratory symptoms (cough, runny nose, or sore throat) and fever to determine if they should stay home.
- ✓ Provide information to families about symptoms and care for children with the flu.
- ✓ Report an outbreak of the flu to the LA County Department of Public Health via [this form](http://publichealth.lacounty.gov/media/docs/acd-respobschdc.pdf) (<http://publichealth.lacounty.gov/media/docs/acd-respobschdc.pdf>)

An outbreak can be classified as any of the following:

- *5 or more new cases of influenza-like illness (fever higher than 100°F and sore throat or cough)*
- *2 or more cases with the same laboratory-confirmed diagnosis in one week (7 days) occurring in persons who are linked together (same classroom, group, club, team).*

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