

Take Action to Help Slow the Spread of Flu and Illness

CDC has developed recommended actions for preventing the spread of flu in educational settings. Promote and reinforce the practice of **everyday preventive actions** at all times. Plan for and educate staff, students, and parents/guardians about additional community NPI actions that may be recommended by public health officials, if a flu pandemic occurs.

Work closely with your local public health department before a pandemic occurs to establish a flexible contingency plan that includes actions to take during a mild, moderate, severe, very severe, or extreme pandemic. Be prepared to take actions that are appropriate for the level of severity of the local pandemic outbreak. The **Before, During, and After** sections of this guide offer suggested actions to help you plan for and implement these recommendations.

EVERYDAY PREVENTIVE ACTIONS

Everyone should always practice good personal health habits to help prevent flu.



Stay home when you are sick. Stay home for at least 24 hours after you no longer have a fever or signs of a fever without the use of fever-reducing medicines.



Cover your coughs and sneezes with a tissue.



Wash your hands often with soap and water for at least 20 seconds. Use at least a 60% alcohol-based hand sanitizer if soap and water are not available.



Clean frequently touched surfaces and objects.

NPIs RESERVED FOR A FLU PANDEMIC

Educators should be prepared to take these additional actions, if recommended by public health officials.*



Be prepared to allow your staff and students to stay home if someone in their house is sick.



Increase space between people at school to at least 3 feet, as much as possible.



Modify, postpone, or cancel large school events.



Temporarily dismiss students attending childcare facilities, K-12 schools, or institutions of higher education.

*These additional actions may be recommended for severe, very severe, or extreme flu pandemics.



Create a culture of health in schools.

Plan workshops and trainings to educate staff and key partners and stakeholders about how to plan for pandemic flu and other emergencies.



Connect to city and county public health officials.

<http://www.naccho.org/about/LHD/index.cfm>

Connect to state and territorial public health officials.

<http://www.astho.org/Directory>

Note: The following sections include CDC's recommended actions for preventing the spread of pandemic flu and suggested strategies for implementing these recommendations.