

Pandemic Influenza Infection Control Guidelines For Schools and Workplaces



Know the symptoms of flu:

- Fever above 100° F or 37.8° C
- Cough or sore throat or shortness of breath

Stay home if you are ill:

- Do not go to school if you are sick.
- Do not go to work if you are sick.

Cover your cough:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Put your used tissue in the nearest waste basket and wash your hands.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Wash your hands:

- Wash your hands with soap and water after coughing, sneezing, or blowing your nose; or
- Clean your hands with alcohol-based hand rub.

Stock up; School administrators and employers should have plenty of these supplies available for use by students or employees:

- Tissues
- Receptacles for disposing of used tissues
- Soap and water for hand washing, or
- Alcohol-based hand cleaner
- Disposable towels for drying hands

Check sinks and restrooms regularly to assure that soap and paper towels are available.

Follow your usual cleaning procedures:

- Clean frequently touched surfaces (handrails, door handles, lavatory surfaces) at least once daily or when visibly soiled.
- It is not necessary to spray or fog occupied or unoccupied room with disinfectant.

Infectious Disease Epidemiology Program

350 Capitol St, Room 125, Charleston WV 25301-3715

Phone: 304.558.5358 • Fax: 304.558.6335 • www.wvdhhr.org/idep