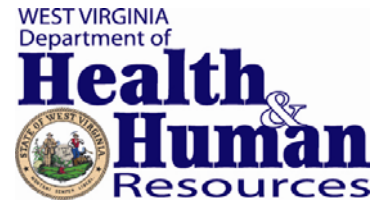


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## INFECTION CONTROL GUIDELINES FOR PANDEMIC INFLUENZA IN SCHOOLS AND WORKPLACES

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## INFECTION CONTROL GUIDELINES FOR PANDEMIC INFLUENZA IN **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.
- 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 or sneezing, or
- Clean your hands with alcohol-based hand rub.

### **Stock up:**

School administrators and employers should have plenty of these supplies on hand:

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

### **Follow your usual cleaning procedures.**

- It is not necessary to spray or fog occupied or unoccupied room with disinfectant.