

## Recommendations for Infection Control in School Settings

Parents should be advised to keep their children home if they become sick with flu-like symptoms and to notify their school of the child's absence. Parents should contact their health care providers if their children have symptoms consistent with influenza.

**Schools play a vital role in the process to prevent disease within their communities.**

Because there is no vaccine available right now to protect against swine influenza, it is important to emphasize the importance of everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Students, parents and faculty should take these everyday steps to protect their health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. *Cover your nose and mouth with your sleeve if you do not have a tissue.*
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also are effective.
- Try to avoid close contact with sick people.

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash
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In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

The U.S. Centers for Disease Control and Prevention has developed Interim Guidance for Non-pharmaceutical Community Mitigation in Response to Human Infections with

Swine Influenza Virus. These recommendations are based on current information and are subject to change based on ongoing surveillance and continuous risk assessment and can be viewed at <http://www.cdc.gov/swineflu/mitigation.htm>.

Additional information can be viewed on the Illinois Department of Public Health's Web site <http://www.idph.state.il.us/>.