

Swine Flu Guidance for Schools

- If a student arrives at school with influenza-like symptoms, including fever, cough, sore throat aches, headaches, chills and fatigue, they should be sent home and seek medical advice from their health care provider. Follow regular seasonal influenza recommendations for excluding ill students and staff.
- **There is no recommendation for medical clearance in order to return to school. Treat this as any other return to school illness.**
- Parents should be advised to keep children at home and limit their contact with others to keep from infecting them.
- Medical care should be sought if symptoms become significant, i.e. difficulty breathing, dehydration. Parents should be advised to contact their medical provider to inform them that they have flu like symptoms.
- Individuals can return to school and normal activities 7 days after onset of flu-like symptoms.
- Individuals may have residual cough several weeks following symptoms, but are not considered contagious and can return to school.
- Schools that have been closed by the Riverside County Department of Public Health are not dangerous.
 - They do not need special “deep” cleaning.
 - The custodial staff do not need to take special precautions, but should wipe down common surfaces with a germicide.
 - During the closure, the site may be used for small groups such as teachers for in-service as long as participants are do not have influenza-like illnesses.

This is an opportunity to remind staff and students of basic preventive measures including:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth.
- Try to avoid contact with sick people.

For updated information on the swine flu in Riverside County, please visit the Department of Public Health website at <http://www.rivcoph.org/>.

For information on swine flu, visit the CDC website at <http://www.cdc.gov/swineflu>.