

CDC Guidance for State and Local Public Health Officials and School Administrators for School (K-12) Responses to Influenza during the 2009-2010 School Year *with Texas Specific Notes from DSHS*

August 7, 2009 (CDC release)

Recommended school responses for the 2009-2010 school year:

Under conditions with similar severity as in spring 2009

- **Stay home when sick:**


Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. They should stay home even if they are using antiviral drugs. (For more information, see [CDC Recommendations for the Amount of Time Persons with Influenza-Like Illness Should be Away from Others.](#))
[See the Technical Report for more details about staying home when sick »](#)

Texas note:

Box 1. Symptoms of Influenza

Fever greater than 100°F AND cough or sore throat with no other known cause

Other symptoms include body aches, headaches, chills, and fatigue

Some with H1N1 flu also report runny nose, nausea, vomiting, and diarrhea 

- **Separate ill students and staff:**

Students and staff who appear to have flu-like illness should be sent to a room separate from others until they can be sent home. CDC recommends that they wear a surgical mask, if possible, and that those who care for ill students and staff wear protective gear such as a mask.

[See the Technical Report for more details about separating ill students and staff »](#)

- **Hand hygiene and respiratory etiquette:**

The new recommendations emphasize the importance of the basic foundations of influenza prevention: stay home when sick, wash hands frequently with soap and water when possible, and cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).

[See the Technical Report for more details about hand hygiene and respiratory etiquette »](#)

- **Routine cleaning:**

School staff should routinely clean areas that students and staff touch often with the cleaners they typically use. Special cleaning with bleach and other non-detergent-based cleaners is not necessary.

[See the Technical Report for more details about routine cleaning »](#)