



For Faculty

With the regular flu season approaching and the H1N1 flu virus already being present in our community, it is a good time for a few reminders that will help all of us prepare and manage influenza in our schools.

Here's What PUSD Faculty Can do to Help

- **Continue to instruct and encourage good personal hygiene habits by students.** This includes using a tissue or catching a cough/sneeze in their elbow.
- **Instruct and encourage proper hand-washing or use of hand sanitizers** (those with 60%+ alcohol).
- **Send students who have flu-like symptoms to the health office to be monitored or sent home.** Symptoms of the flu include fever (100 degrees Fahrenheit or higher), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Do not come to work if you have flu-like symptoms.** You should stay home for 24 hours after you are fever-free without the use of fever reducing medications.
- **Plan ahead for your classroom** if you or someone you care for must stay at home because of the flu. This includes having basic lesson plan materials prepared and available ahead of time.
- **Plan ahead if you have children who may need to be kept home from school or child care because of the flu.**
- **For more information, visit the PUSD website at <http://www.powayusd.com/schools/Safety/>.**