



H1N1 Teacher Resource Guide

A guide to informational resources for teachers as well as actions steps to help prevent the spread of H1N1 or seasonal flu in the classroom.

Where to find Reliable Resources:

Since there is so much information available on the internet these days, choose only reliable resources. In the case of H1N1 influenza, the best available resources are:

- ◇ **Centers for Disease Control and Prevention** - www.cdc.gov/h1n1flu/
- ◇ **Illinois Department of Public Health** - http://www.idph.state.il.us/h1n1_flu/index.htm
- ◇ **Adams County Health Department** - <http://www.co.adams.il.us/health/>
- ◇ **Your Doctor**

Action Steps in the Classroom

Follow this checklist and you will be providing the best protection for yourself and your students.

- Educate and encourage students to cover their coughs and sneezes**
 - ◇ Make tissues available to students and be sure that they use them
 - ◇ Ensure that used tissues are thrown away
 - ◇ If no tissue is available, show students how to cough into their shirtsleeve at the elbow
 - ◇ Encourage hand washing after coughs or sneezes when possible
- Remind students to practice good hand hygiene**
 - ◇ Provide them with the time and the supplies for hand washing
 - ◇ Teach them to scrub in soap and warm water for 20 seconds (sing Old McDonald)
 - ◇ If you don't have access to a faucet, have students use alcohol based hand sanitizer
 - ◇ Make hand washing part of your daily routine in the classroom—Wash hands OFTEN
- Be a strong role model**
 - ◇ Show students that you are practicing what you teach
- Watch for children or other staff who are sick with flu symptoms and send them to the school health office for further evaluation**
 - ◇ H1N1 symptoms are: fever, cough, runny nose, aches, chills, and fatigue
 - ◇ Do not wait to send a child with any symptoms to the nurse
 - ◇ If a sick child is not in the class, the child cannot further spread disease to others
 - ◇ Not everyone with H1N1 symptoms has H1N1—Let a nurse check
 - ◇ Model the same behaviors you expect of others—STAY HOME WHEN YOU ARE ILL
- Clean high contact surfaces in your room with greater frequency**
 - ◇ Use your normal cleaners, but wipe desks, doorknobs, toys, etc a few times a day
- Plan on allowing ill students time to recover before returning to class**
 - ◇ Make sure you are flexible in sending catch-up school work home
- Find ways to increase social distances (the space between people)**
 - ◇ Rearrange desks so that there is more distance between them if possible