

Obion County Schools Flu Guidelines

(Updated 8/31/09)

August 18, 2009 Letter from the TN Commissioner of Health [English](#) [Spanish](#)

- **Stay home when sick:** Students and staff 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.
- **Separate ill students and staff:** Students and staff who appear to have flu-like illness should be sent to an area away from others until they can be sent home.
- **Hand hygiene and respiratory etiquette:** Students and staff are encouraged to 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).
- **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.
- **Early treatment of high-risk students and staff:** People at high risk for influenza complications who become ill with influenza-like illness should speak with their health care provider as soon as possible. Early treatment with antiviral medications is very important for people at high risk because it can prevent hospitalizations and deaths. People at high risk include those who are pregnant, have asthma or diabetes, have compromised immune systems, or have neuromuscular diseases.
- **Consideration of school dismissal:** A crisis management team at the Central Office will determine if a school or school district closure is needed.

For more information: www.cdc.gov, www.flu.gov, or www.state.tn.us/health

****Information will be updated on the district's website, www.obioncountyschools.com, as new information becomes available.