

PANDEMIC INFLUENZA

Are *you* ready?

School Health During a Pandemic Influenza

- When a pandemic influenza strikes a community, it is important to implement measures to limit its spread.
- A pandemic influenza can spread quickly through schools because of the crowding and overall hygiene of children.
- Things to keep in mind:
 - Encourage employees and children to stay home if they have the flu.
 - Teach children to sneeze into their sleeve to prevent spreading germs onto their hands.
 - Ensure that plenty of tissues are available. Teach children to dispose of soiled tissues.
 - Teach children to wash their hands frequently and properly with soap and water. If soap is not available, hand gels containing 70 per cent alcohol are suitable. Post handwashing signs in all bathrooms.
 - Clean hard surfaces such as desks, door knobs, taps, school bus doors and seats more often. Regular household cleaners are adequate.
 - Report unusual absenteeism rates to Heartland Health Region Public Health Services at 882-6413.

For more
information, go to:
www.hrha.sk.ca

