



PANDEMIC INFLUENZA

School Planning Toolkit



Public Health Department
Santa Clara Valley Health & Hospital System



Healthy Kids, Healthy Classrooms

Prevention



PANDEMIC INFLUENZA School Planning Toolkit

Overview

- How germs are spread.
- Tips to avoid spreading germs.

How Cold & Flu Germs Are Spread

- Through the air in droplets from sneezes and coughs.
- From hand to hand.
- From hand to eyes, nose, and mouth.
- Cold and Flu germs are present before symptoms appear.
- Prevention steps target transmission routes.

Cover Your Cough!

- Cover mouth and nose with a tissue.
- Cough or sneeze into your upper sleeve if no tissue is handy.
- Put used tissue in the waste basket.
- Wearing a surgical mask can help protect others.

Stop the spread of germs that make you and others sick!

Spread
the
News,
Not the
Germs !

Cover your Cough

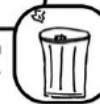


Cover your mouth
and nose with a
tissue when you
cough or sneeze
or



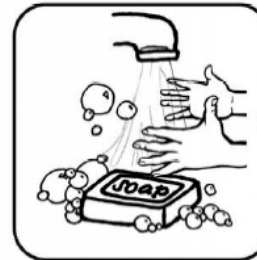
cough or sneeze into
your upper sleeve,
not your hands.

Put your used tissue in
the waste basket.



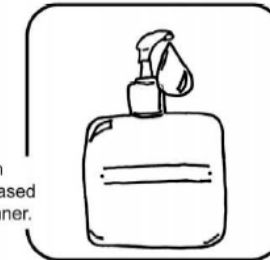
Clean your Hands

after coughing or sneezing.



Wash hands
with soap and
warm water
for 20 seconds

or
clean with
alcohol-based
hand cleaner.



Minnesota Department of Health
717 38 Exchange Street
Minneapolis, MN 55414
612-626-6414 or 1-877-476-6414
www.health.state.mn.us



Wash Your Hands!

- Wash with liquid soap and warm water for 20 seconds after coughing or sneezing:
 - After using bathroom
 - Before touching eyes, nose, mouth
 - After touching dirty tissues
 - Before preparing food.
- Dry hands thoroughly with a paper towel and use it to turn off the faucet. A shared towel will spread germs.
- Always throw paper towels into the waste paper basket.
- ***Alcohol-based hand cleaner works, too.***

Keep Clean!

- Disinfect door knobs, switches, handles, and other surfaces.
- Wash cleaning cloths in hot water.
- Throw paper towels into waste paper basket.

Healthy Classrooms

- Sanitize hands regularly.
 - Wash with soap and water if there is visible dirt.
- Separate desks to minimize contact with airborne germs.
- Minimize sharing of materials..
- Sanitize desks regularly.

Payoff: fewer absences, better learning, more ADA.

