

# Butler Area School District Influenza Prevention Plan

In an effort to be proactive, Butler Area School District has taken action to educate our faculty and students about preventative measures to avoid getting the flu and to minimize the spread of the flu in our schools.

The Center for Disease Control recommends the following actions as a line of defense this flu season:

- ✓ Get a flu shot
- ✓ Practice good health habits including:
  - Washing hands with soap and warm water for at least 20 seconds
  - Covering the mouth and nose with a tissue or your elbow when sneezing or coughing
  - Don't share personal items such as water bottles, cell phones, and eating utensils.
- ✓ If your child has the flu, he/she should stay home from school, rest, and drink plenty of liquids until he/she is fever-free for 24 hours. Be sure to contact your doctor.



It's often hard to tell the difference between the flu and the common cold. Both cold and flu are respiratory illnesses, but caused by different viruses. The Center for Disease Control offers these ways to help tell the difference:

### Is it the flu?

Sudden onset of illness  
High fever  
Extreme fatigue  
Dry Cough  
Headache  
Achy muscles  
Chills

### Is it a cold?

Slow onset of illness  
Low or No fever  
Mild fatigue  
Severe cough and runny or stuffy nose  
No headache  
No achy muscles  
No chills

The goal of keeping our schools healthy involves all of us. Some preventative measures that will be on-going throughout this flu season include:

- Regular cleaning of all instructional and non-instructional areas
- Making hand sanitizer available in key areas such as homerooms, offices and cafeteria
- Use of instructional media on hand washing
- Making announcements on how to prevent illness
- Monitoring attendance and illness information through the nurse's and principal's office
- Sending students home who are ill. Parents need to be certain that the school has accurate contact information.



For more information, check out these links:

<http://www.cdc.gov/flu/>

<http://flu.gov/>