

East Side Union High School District

PROTOCOL FOR ALL FLU SYMPTOMS IN SCHOOL

Symptoms of seasonal flu and H1N1:

- **Fever of 100 or higher** and any of the following
- Cough
- Sore throat
- Runny nose
- Body aches
- Headaches
- Chills
- Fatigue
- Many people, especially children may also have diarrhea & vomiting

1. All students who are ill at school should report to the health office, health clerks and staff caring for ill students should wear a face mask.
2. Students who have flu-like symptoms should wear a face mask per CDC recommendations, and be separated from others in a well ventilated area until they can be sent home.
3. All students with flu-like symptoms must stay home from school and school activities and not return until they have been fever-free for 24 hours without the use of fever reducing medication.
4. Students should only go to their doctor if they have other medical conditions, or develop complications and flu testing is generally not necessary. A doctor's note is not required for returning to school.
5. All students should follow good health and hygiene practices. Proper hand washing, the use of hand sanitizers, covering your cough with tissue, and sneezing into your sleeve will all help to prevent the spread of the flu.
6. All students are recommended to get the seasonal flu vaccine as well as the H1N1 vaccine as soon as they are available.