

Action Steps for Parents if School is Dismissed or Children are Sick and Must Stay Home

- ▶ Be prepared to support home learning activities if the school makes them available. Your child's school may offer web-based lessons, instructional phone calls, and other types of distance learning. Have school materials, such as text books, workbooks, and homework packets available at home.
- ▶ Have activities for your children to do while at home. Pull together games, books, DVDs and other items to keep your family entertained.
- ▶ Find out if your employer will allow you to stay at home to care for sick household members or children dismissed from school. Ask if you can work from home. If this is not possible, find other ways to care for your children at home.
- ▶ If school is dismissed, monitor the school's website, local news, and other sources for information about returning to school.

Tips for taking care of children (and other household members) with the flu

- ▶ **Stay home if you or your child is sick** until at least 24 hours after there is no longer a fever or signs of a fever (without the use of a fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others. Stay home even if taking antiviral medicines.
- ▶ **Cover coughs and sneezes. Clean hands** with soap and water or an alcohol-based hand rub often and especially after coughing or sneezing.
- ▶ **Keep sick household members in a separate room** (a sick room) in the house as much as possible to limit contact with household members who are not sick. Consider designating a single person as the main caregiver for the sick person.
- ▶ **Monitor the health of the sick child and any other household members** by checking for fever and other symptoms of flu. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, the sick person might have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering.

Watch for emergency warning signs that need urgent medical attention. These warning signs include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not urinating or no tears when crying
- Severe or persistent vomiting



- Not waking up or not interacting
 - Being so irritable that the child does not want to be held
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Flu-like symptoms improve but then return with fever and worse cough
- ▶ **Check with your doctor about any special care** needed for household members who may be at higher risk for complications from flu. This includes children under the age of 5 years, pregnant women, people of any age who have chronic medical conditions (such as asthma, diabetes, or heart disease), and people age 65 years and older.
 - ▶ **Have the sick household member wear a facemask** – if available and tolerable – when sharing common spaces with other household members to help prevent spreading the virus to others. This is especially important if other household members are at high risk for complications from flu.
 - ▶ **Ask your doctor about antiviral medicines or fever-reducing medicines** for sick household members. Do not give aspirin to children or teenagers; it can cause a rare but serious illness called Reye's syndrome
 - ▶ **Make sure sick household members get plenty of rest and drink clear fluids** (such as water, broth, sports drinks, electrolyte beverages for infants) to keep from being dehydrated.

If your health department says that flu conditions have become more severe

- ▶ **Extend the time sick children stay home** for at least 7 days, even if they feel better sooner. People who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have gone away.
- ▶ **If a household member is sick, keep any school-aged brothers or sisters home** for 5 days from the time the household member became sick. Parents should monitor their health and the health of other school-aged children for fever and other symptoms of the flu.

For more information:

- ▶ **Visit: www.flu.gov**
- ▶ **Contact CDC 24 Hours/Every Day**
 - 1 (800) CDC-INFO (232-4636)
 - TTY: (888) 232-6348
 - cdcinfo@cdc.gov

and policies also might need to be reviewed for applicability. Policies to be reviewed may be official or unofficial, such as school principals' awards for students with perfect attendance. Schools should plan now for ways to continue educating students who stay home through methods such as instructional telephone calls, homework packets, internet-based lessons, and other distance-based learning approaches.

Students with ill household members stay home

If influenza severity increases, school-aged children who live with people with influenza-like illness should remain home for 5 days from the day the first household member got sick. This is the time period they are most likely to get sick themselves. The greatest risk of transmission is during the first 5 days of illness of the first ill household member (about 90%), with the largest transmission risk by Day 1 of this person's illness (about 40%). Keeping all the children in the household at home during this time period may also keep the flu virus from being spread to others outside the home. If a household member develops an acute respiratory illness during this time, the recommendations for exclusion of persons with influenza-like illness should be implemented. The five-day period does not need to start again for other well children in the household.

Increase social distances within the school environment

If influenza severity increases, schools should explore innovative methods for increasing social distances within the school environment. The goal should be to keep distance between people at most times or to cluster students in small, consistent groups. This is not a simple or easy strategy for most schools. Implementing any of the following options would require considerable flexibility and willingness to change among students, staff, and families. Some possible options to increase the amount of space between students or to keep consistent groups of students include:

- rotate teachers between classrooms while keeping the same group of students in one classroom (in middle and high school);
- cancel classes that bring students together from multiple classrooms (in elementary school);
- postpone class trips that bring students together from multiple classrooms or schools in large, densely-packed groups;
- hold classes outdoors;
- discourage use of school buses and public transit;
- divide classes into smaller groups;
- move desks farther apart; and
- move classes to larger spaces, when available, to allow more space between students.

Extended exclusion period

If influenza severity increases, individuals with influenza-like illness should remain at home for at least 7 days, even if symptoms resolve sooner. Individuals who are still sick 7 days after they become ill should continue to stay home until at least 24 hours after symptoms have resolved.

This recommendation is based on viral shedding information. Influenza virus shedding general occurs for 5 to 7 days for seasonal influenza infection. This period may be longer for persons with 2009 H1N1 flu and among young children and people who are immunocompromised. Longer periods of exclusion also may be considered based on setting- and population-specific characteristics. Schools also might prefer a longer period so that students and staff feel able to