

Q. What can everyone do to keep from getting sick and spreading flu?

Take personal responsibility for helping to slow the spread of the virus!

Help yourself and others avoid the flu in three ways:



- Good hand washing.

Everyone should wash their hands often, especially after coughing or sneezing.



- Cover sneezes.

The flu spreads from person to person in the droplets produced by coughs and sneezes, so it's important to cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.



- Stay home.

Stay home if you're sick and for at least 24 hours after you no longer have a fever or signs of a fever -- without the use of fever-reducing and even if you are using antiviral medicines.

Q. What is the best way to wash hands?

1. Use soap and water for at least 20 seconds (use a song to time yourself).
2. Alcohol-based hand cleaners containing at least 60% alcohol also work well.
3. Finally, if alcohol-based products are a problem for your student, hand sanitizers without alcohol may be useful. They may not be as effective as alcohol-based sanitizers.

Q. Can the virus live on surfaces?

- Yes, flu viruses may be spread when a person touches droplets left by coughs and sneezes on hard surfaces and then touches his or her mouth or nose. However, health officials say routine cleaning keeps the risk low.

Q: Will students be penalized for missing school?

No. Please get well at home. Talk with your student's teacher if you would like to make up schoolwork.

Q. What steps does GSSoP take to keep people from getting sick?

We:

- Encourage hand washing and covered sneezes.
- Provide easy access to tissues, soap and water, or alcohol-based hand cleaners.
- Provide the time for students and staff to wash their hands.
- Clean surfaces and items that are more likely to have frequent hand contact with approved cleaning agents. At this time, health officials are not encouraging the use of additional disinfection beyond routine cleaning.
- Send sick students and staff home.
- Avoid penalizing students who stay home when they are sick.
- Move students and staff who become sick at school to a separate room until they can be sent home.
- Limit the number of staff who take care of the sick person and provide a surgical mask for the sick person to wear if they can tolerate it.

Flu control plan



- If you will be absent, contact the school at 971-275-0848 or gssop@qwestoffice.net.

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