

Health Guidance  
2009 – 2010 School Year  
Hannibal Central School District

The New York State Department of Health (NYSDOH) and the New York State Education Department (NYSED) believe that early, broad and sustained community mitigation strategies are effective in reducing the impact of a moderate to severe pandemic.

The Hannibal Central School District believes:

All members of the school community – *Parents, Students, Staff* – should take an **active role** in limiting the spread of infection. This will require increased vigilance among parents, caregivers, and school staff to identify students and staff **with *influenza-like illness (ILI)***, in particular looking for respiratory symptoms associated with fever.

**Influenza-like illness (ILI)**

*Influenza-like illness is defined as a fever of 100° F and a cough or sore throat.*

Other alert signs:

- Trouble breathing
- Not drinking enough fluids
- Skin rashes
- Runny Nose, congestion, vomiting, diarrhea, headache, fatigue

**Active Role**

**Hand Hygiene and Respiratory Etiquette**  
**Stay Home When Sick**  
**Separate ill students and staff**

## Hand Hygiene and Respiratory Etiquette

### Hand Hygiene

#### Hand Washing

- Traditional hand washing (with soap and warm water, lathering for a minimum of twenty seconds)
- Hand washing with alcohol-based hand sanitizers
- Hand washing with sanitizers that do not contain alcohol

#### Important times

- Before meals
- After recess or Physical Education

### Respiratory Hygiene/Cough Etiquette

The flu virus spreads from person to person in droplets produced by coughs and sneezes.

- Cover your mouth and nose with a tissue when coughing or sneezing and dispose of the tissue appropriately.
- If no tissue is available, use the inside of the elbow (sleeve) to cover mouth and nose when coughing or sneezing.
- Perform Hand Hygiene after handling dirty tissues or other soiled material.

### Stay Home When Sick

- Increase vigilance among parents, caregivers, and school staff to identify students and staff **with influenza-like illness (ILI)**, in particular looking for respiratory symptoms associated with fever.
- Students and staff with ILI should stay home until at least 24 hours after they are free of fever (100° F), or signs of a fever without the use of fever-reducing medicines.
- Ill students and staff should not attend alternative childcare or congregate in settings outside of school such as extracurricular sports or clubs, libraries or shopping malls.

### Separate ill students and staff

- Sick students and staff should be excluded from school and school-related activities.
- Students and staff who appear to have ILI or become ill during the school day
  - will be directed to the nurse's office
  - will be isolated promptly in a room separate from others or asked to use a simple facemask to prevent the possible transmission of the virus to others
  - will be sent home