

Transmission of Influenza

- Primarily spread by coughing, sneezing, etc.
- Can survive on hard, non-porous surfaces (such as door knobs) for 24-48 hours
- Can survive on cloth, paper, and tissue for 8-12 hours
- Survives on hands for 5 minutes

Recommendations for the Prevention of Influenza from the Center for Disease Control (CDC)

Personal and Family Preventive Actions:

- Get a yearly flu vaccination.
- Cover your nose and mouth with your elbow or arm when you cough or sneeze.
- Wash your hands with soap and water or an alcohol-based hand sanitizer.
- Avoid close contact with sick people.
- Stay home and limit contact with others if you are sick.
- Avoid touching your eyes, nose, and mouth.

Marion School District Preventive Actions:

- Educate students and staff on how to reduce infection.
- Encourage hand washing and use of alcohol-based sanitizers, provided in schools.
- Mist hard surfaces in classrooms and public areas each day with bleach and water mixture (CDC recommended mixture).
- Mist interior of buses with bleach and water mixture each day.
- Cooperate with local health agencies in the voluntary administration of influenza vaccinations. (Dates to be announced)

Student, Parent, and Staff Preventive Actions:

- Encourage children to follow prevention measures.
- Keep students at home when contagious until fever-free (without medication) for 24 hours.
- Staff members will stay home when contagious until fever-free (without medication) for 24 hours.
- MSD staff will assist with the prevention plan.
- Check with and follow your physician's advice.
- Follow student handbook rules concerning attendance at school.