

CIS III Policy

As a general rule of thumb, and in response to the outbreak and prevention of the spread of the novel Influenza A (H1N1) virus, we are implementing the guidelines recommended by the Centers for Disease Control (CDC) for schools. At this time, the CDC recommends the primary means to reduce spread of influenza in schools and child care programs focus on early identification of ill students and staff, staying home when ill, and good cough and hand hygiene etiquette. Parents and guardians should monitor their children, and faculty and staff will self-monitor every morning for symptoms of influenza-like illness. Ill students should not attend alternative child care or congregate in other neighborhood and community settings outside of school.

1. Students, faculty, or staff with influenza-like illness (fever >100 degrees Fahrenheit with a cough or sore throat) should keep away from others as much as possible, stay home, and not attend school for at least 24 hours after fever is gone. A student will not be allowed to attend school if he or she has had a fever in the last 24 hours. Fever should be gone **without** the use of fever-reducing medicine (i.e. Tylenol or Motrin).
2. Students, faculty, or staff who appear to have an influenza-like illness at arrival or become ill during the day will be isolated promptly in a room separate from other students and sent home.

Epidemiologic data collected during spring 2009 found that most people with the 2009 H1N1 influenza virus who were not hospitalized had a fever (>100 degrees Fahrenheit) that lasted 2-4 days. This would require an **exclusion period of 3 to 5 days** in most cases. Those with more severe illness are likely to have a fever for longer periods of time.

Students, faculty, and staff should stringently follow sanitary measures to reduce the spread of influenza and other diseases. These include covering their nose and mouth with a tissue when coughing and sneezing (or coughing or sneezing into their sleeve if a tissue isn't available), frequently washing hands with soap and water, or using hand sanitizer if hand washing with soap and water is not possible.