

Influenza/Coronavirus Illnesses Prevention Guidelines

Santa Rosa District Schools

Viral infections are often unpredictable. The Centers for Disease Control and Prevention is urging schools to take extra precautions. Here are some guidelines from the CDC for you to follow.

- **Encourage students and staff to wash their hands several times a day using soap and warm water for 20-30 seconds or using a hand sanitizer that contains at least 60% alcohol if soap and water are not available.**
 - **Allow regular breaks for students and staff to wash hands.**
 - **Young children should be instructed and assisted to ensure proper hand washing.**
 - **Restrooms should be checked regularly to ensure that soap and paper towels are always available.**
- **Students and Staff should cover their coughs and sneezes with a tissue or cough or sneeze into their sleeve.**
- **Avoid touching your eyes, nose and mouth with unwashed hands.**
- **Ensure tissues are available in all classrooms.**
- **Be extra vigilant about excluding ill students from any activities that may involve close contact.**
- **All students and staff should avoid sharing glasses, water bottles, drinks, spoons/forks, etc.**
- **Disinfect commonly handled interior surfaces (e.g., door handles, handrails, eating surfaces, desks, and school buses).**
- **Report any major viral outbreaks to your local health department.**
- **Based on the illness, any employee, student, or teacher suspected of having the flu or coronavirus symptoms would return to school or work when no longer sick.**