

Be Prepared for Flu Season

The health and safety of our Fayetteville Public School students and employees is a high priority concern. With increased reported cases of Influenza in our state, FPS would like to offer you these recommendations to follow to

help reduce the effect of flu in our schools

The Center for Disease Control (CDC) recommends the following:



Take Time to get a Flu Vaccine

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many different flu viruses, a flu vaccine protects against the three viruses that research suggests will be most common.



Take everyday preventative actions to stop the spread of germs.

Try to avoid close contact with sick people. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

While sick, limit contact with others as much as possible to keep from infecting them.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.



Wash your hands often with soap and water.

If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Take flu antiviral drugs if your doctor prescribes them.

If you get the flu, antiviral drugs can treat your illness.

Antiviral drugs are different than antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.

Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. Treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.

Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk health or is very sick from the flu. Follow your doctor's instructions for taking this drug.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

For more information, please see this helpful link:
<http://www.cdc.gov/flu/protect/preventing.htm>



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