

I'm Keeping My Classroom



Here's What I Do Each Day to Protect Your Children From the Spread of Viruses Like H1N1 Flu

Before Class:

- ✓ Spray toys, books, instruments or scarves with bleach-free disinfectant (like Lysol).

During Class:

- ✓ Each adult and child must apply hand sanitizer before and after class.



Typically a dime-sized drop will wet a child's hand thoroughly with sanitizer.

- ✓ Teach proper cough and sneeze etiquette (Covering nose and mouth with arm or hand; then sanitize if possible).
- ✓ Acknowledge healthy behavior.
- ✓ Throw all tissues away after one use.
- ✓ Remind children to avoid touching eyes, nose and mouth.



Need to Know Flu Facts

How does a flu virus spread? From person to person by coughing or sneezing. Also by touching something with flu viruses on it, then touching your own mouth or nose.

How long can the flu virus remain viable on toys, books, or doorknobs? Up to 2-8 hours.

What are H1N1 symptoms in children? As with seasonal flu: fever, body aches, runny or stuffy nose, sore throat, nausea, vomiting or diarrhea (same as in adults).

How long is someone contagious with the H1N1 flu virus? People may be contagious from 1 day before they develop symptoms to up to 7 days after they get sick.

Children, especially younger children, might potentially be contagious for longer periods.

