

# How to protect students at schools and nurseries



## Seasonal influenza



Make sure that soap and water are available at all times and that students wash their hands frequently



Educate students on the importance of covering their mouth and nose with their upper sleeve, a disposable tissue or a clean handkerchief when they sneeze or cough



Bathrooms, floors and surfaces, including of tables, chairs, toys and door and window handles, should be regularly cleaned with disinfectants



Keep windows of classrooms open, or at least during break times, even during cold weather, to ensure good ventilation



Watch out for the main influenza symptoms: high temperature (above 38°C), runny nose, cough, headache, muscle and joint pain



If a student suddenly develops influenza symptoms, separate him/her from classmates and inform parents as soon as possible



Make sure that students and staff with influenza symptoms stay away from school



Plan students' entry and exit to and from classrooms as much as possible to minimize unnecessary crowding



Encourage students and staff not to hug or kiss when greeting during the influenza season, especially if the students have influenza symptoms



Educate students to avoid sharing drinking cups, towels, etc and to avoid touching their eyes, nose or mouth with unwashed hands

The vast majority of people infected with seasonal influenza get better with no medical intervention