



## Guidance for Influenza and Other Communicable Diseases American Heritage School

The following guidance is provided based upon AHS Safety Committee, CDC, Utah State Health, and other expert recommendations.

*Flu Precautions.* Each year, especially as we move into flu season, we remind the school community to please wash their hands frequently, with soap and water, for at least 20 seconds (hum the tune “Happy Birthday” twice while lathering before rinsing). **If you have a fever, stay home until you are fever free, without medication, for 24 hours.**

*Cleaning and Hygiene.* The custodial team and faculty have been trained on “Touch-Point Cleaning” protocol to focus on frequent cleaning and disinfection of high-frequency touch points in the building such as door knobs, desks, drinking fountains, etc. Effective cleaning reduces illness, absenteeism, and can save lives. Disinfectant products are available to all employees from the custodial office and we encourage the entire school community to wash hands, clean surfaces, and disinfect frequently.

### **When should you wash your hands?**

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste
- After touching garbage

Washing hands with soap and water is the best way to reduce the number of germs on them. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs.

*Precautions for Other Communicable Diseases.* In addition to Influenza (Flu), other common communicable diseases include Pertussis (Whooping Cough), Varicella (Chicken Pox), Measles, and Meningitis. The vast majority of families in the school community are vaccinated against most of these diseases; however, given that some individuals in the school community are not vaccinated for some of these diseases, and have filed the appropriate exemption form with the County Health Department, **it is important that families and individuals who contract the above listed diseases, or any other reportable disease, please notify the school office as soon as you receive a medical diagnosis confirming the disease so that we can notify those individuals in the school community who are not vaccinated.**

For the list of reportable diseases in Utah, see:

[http://health.utah.gov/epi/reporting/Rpt\\_Disease\\_List.pdf](http://health.utah.gov/epi/reporting/Rpt_Disease_List.pdf)

For guidance from the Utah Department of Health for Schools and Child Care Centers, see:

[http://health.utah.gov/epi/school\\_childcare/daycarebook.pdf](http://health.utah.gov/epi/school_childcare/daycarebook.pdf)

For Utah immunization requirements, see:

<http://www.immunize->

[utah.org/school%20and%20childcare%20requirements/school%20and%20childcare%20immunization%20requirements/index.html](http://www.immunize-utah.org/school%20and%20childcare%20requirements/school%20and%20childcare%20immunization%20requirements/index.html)