

## **4-STEPS to Keep Kids Healthy During Cold & Flu Season**

### ***Advice for school administrators and maintenance staff.***

With cold and flu season upon us, here are some timely advice and resources to help reduce illness related absenteeism and keep kids in school where they can continue learning.

The 4-STEPS listed below form the basis for an effective infection control program in schools.

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### ***1. Develop an infection control strategy***

**Goal:** To make the school environment healthier for students and staff to facilitate learning, prevent the spread of illness, and reduce absenteeism.

**Purpose:** An infection control strategy outlines a course of actions and responses designed to prevent the transmission and spread of infectious illnesses.

**How:** The Quick and Easy Guide to Green Cleaning includes a sample Infection Control Program for Schools. Access to the guide is free. ....

[Click Here](#)

### ***2. Promote Handwashing and Good Hygiene Practices***

**Educate:** Regular hand washing is one of the keys to reducing transmission of illness. Teaching kids to cover their mouth when they cough or sneeze can help reduce the transmission of airborne illness.

**Access:** When water is not near, have instant hand sanitizers visible and available for student to use.

**HOW:** Getting people to wash their hands, along with other hygiene habits isn't easy. Various education programs are available to help get the importance of hygiene across to school age kids.

**Video:** Wash Your Hands (for Kids).....

[Click Here](#)

**Programs:** **It's a SNAP:** Resource kit to help promote hand washing and hygiene in schools.

[Click Here](#)

### **3. *Cleaning and Disinfection***

**Focus on High Touch Surfaces:** Disinfecting floor to ceiling is impractical and not usually effective. Implement a HIGH TOUCH SURFACE CLEANING AND DISINFECTION program that results in more frequent cleaning of common surfaces that are frequently touched by many individuals. Think door handles, desk tops, restroom fixtures, water fountains, towel dispensers, etc.

**Avoid the Bleach:** Everyone thinks bleach is great, but it poses more problems than it solves. There are better and safer solutions.

Learn about the “Problem with Bleach” by visiting our Technical FAQ webpage: ..... [Click Here](#)

**HOW:** Video - How to Properly Disinfect Surfaces to Kill Germs: ..... [Click Here](#)

How to Clean and Disinfect Schools to help slow the spread of flu: ..... [Click Here](#)

### **4. *Education: Encourage flu vaccinations and staying home when sick***

**Educate:** The CDC recommends all children, six months and older, get the flu vaccine.

**CDC Says “Take 3” Actions to Fight The Flu:** ..... [Click Here](#)

Visit [Click Here](#) to learn more about current Influenza situation and recommendations from the CDC.

Public Resources to Help You Prepare

**The Quick and Easy Guide to Green Cleaning: Visit** ..... [Click Here](#)

**How to Clean and Disinfect Schools to help stop the spread of flu:** ..... [Click Here](#)

**CDC Flu Resources page online:** [.....](#) [Click Here](#)