

Directive to Administrators (<i>Specify which administrators</i>) All Staff and Administrators		WAD Date (Wednesday) November 30, 2016	WAD No.	Page 1 of 2
Subject Tips for Prevention of Influenza		Date Due Now	Not Applicable After n/a	
From Kim Coates <i>(Cabinet member or approved by one)</i>	Title Executive Director, School Health Programs, Student, Family and Community Support Department-	Signature		Telephone 415.242-2615
Inform <input checked="" type="checkbox"/> Certificated Staff <input checked="" type="checkbox"/> Classified Staff <input checked="" type="checkbox"/> Parents Other _____				

Tips for Prevention of Influenza (Flu)

WHAT: Flu season is upon us. The San Francisco Department of Public Health reports increased influenza activity locally.

HOW:

The following are some effective ways to prevent the spread of influenza:

- **Receive an annual seasonal flu vaccination.** The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine for everyone aged six months and older.
- **Wash your hands** often with soap to help protect you from germs.
- **Avoid close contact** with persons who are sick to keep you from getting sick too.
- **Stay home when you are sick** to prevent spreading your germs to others.
- **Cover your cough and sneeze with tissue or sleeve** to prevent those around you from getting sick.
- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his/her eyes, nose or mouth.
- **Clean and disinfect surfaces or objects with district-approved cleaning agents.**
- **Refer to the CDC and SFDPH links about Influenza:**
 - Seasonal Flu Information for Schools and Childcare Providers from the CDC:
<http://www.cdc.gov/flu/school/>
<http://www.cdc.gov/flu/pdf/freeresources/general/factsheet-whats-new-2016-17.pdf>
 - Information for families: <http://www.cdc.gov/flu/freeresources/print-family.htm>
 - Posters and resources: <http://www.cdc.gov/flu/freeresources/print-schools-childcare.htm>

WHY: All staff, students and families must take the proper precautions to remain healthy and stop the spread of germs.

Please contact the Nurse of the Day at 415.242-2615 with any questions or if you need information about where to obtain a Flu Vaccine.

	Cabinet Member	Kevin Truitt	Title	Associate Superintendent, SFCSD	Signature
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SAN FRANCISCO UNIFIED SCHOOL DISTRICT WEEKLY ADMINISTRATIVE DIRECTIVE (WAD)