Communicable Disease Prevention

Through this document, the District aims to provide information and resources to assist with concerns regarding infectious disease and illness prevention.

Best Practices

The District encourages staff and students to follow the below recommended practices for preventing the transmission of illness.

- Follow Universal Precautions.
- Wear disposable gloves when handling and/or exposed to bodily fluids such as when changing diapers, providing first aid, or cleaning potential contaminated areas.
- Dispose gloves after each use.
- Wash hands frequently with soap and water for 20 seconds, especially after changing diapers.
- Avoid touching eyes, nose, and mouth with unwashed hands.
- Avoid kissing, hugging, and sharing cups or eating utensils with people who are sick.
- Disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Students and individuals with flu-like illnesses or known communicable disease should stay at home until treatment is complete and the individual is no longer infectious. Symptoms of illness including flu-like illnesses may include:
  - Fever*
  - Cough
  - Sore throat
  - Runny or stuffy nose
  - Muscle or body aches
  - Headaches
  - Fatigue (tiredness)
  - Vomiting or diarrhea*

Generally, health officials recommend that individuals who have flu-like symptoms should remain at home and avoid contact with others. They should do so until at least 24 hours after they are free of fever without the use of fever-reducing medicines such as acetaminophen or ibuprofen.

The best way to stay healthy is to stay informed and follow the recommendations outlined in this communication.

Additional Resources

The most current health information about communicable diseases is available through the [Centers for Disease Control and Prevention (CDC) Website](https://www.cdc.gov).

*It’s important to note that not everyone with the flu will have a fever
+ More common in children than adults