



## Health Notice for School Staff: Avoiding Common Viruses at School

Back-to-school season coincides with an increase in the viruses that can cause fever, vomiting, diarrhea and breathing problems. These include noroviruses (the “stomach flu”), influenza and enteroviruses.

Simple actions can help stop viruses from spreading at school:

- **Wash hands frequently with soap and water for 20 seconds** (as long as it takes to sing the “Alphabet song”). Hands should be washed after arriving at school, before eating or touching food, after using the bathroom, after coughing or sneezing and after coming in from outside. Staff should make sure that soap and paper towels are always available. Alcohol-based sanitizers are not as effective against viruses as soap and water.
- **Cover coughs and sneezes** with a tissue or your sleeve, not with your hands.
- **If you are sick, stay home** so that you do not get other people sick. Children with fever, vomiting or diarrhea should stay home until the symptoms are gone or until a doctor says it is okay to return. Children who develop breathing problems should stay home until their cough is gone.
- **Get vaccinated** against the flu.

### Posters on Healthy Practices

#### “Cover Your Cough” Posters:

- *English:* [nyc.gov/html/doh/downloads/pdf/cd/cyc-poster-clinics.pdf](http://nyc.gov/html/doh/downloads/pdf/cd/cyc-poster-clinics.pdf)
- *Spanish:* [nyc.gov/html/doh/downloads/pdf/cd/cyc-poster-clinics-sp.pdf](http://nyc.gov/html/doh/downloads/pdf/cd/cyc-poster-clinics-sp.pdf)
- *Chinese:* [nyc.gov/html/doh/downloads/pdf/cd/cyc-poster-clinics-ch.pdf](http://nyc.gov/html/doh/downloads/pdf/cd/cyc-poster-clinics-ch.pdf)

**Hand Washing Poster:** [nyc.gov/html/doh/downloads/pdf/cd/cd-kids-handwash-poster.pdf](http://nyc.gov/html/doh/downloads/pdf/cd/cd-kids-handwash-poster.pdf)

**“Wash Away the Germs” Poster:** [nyc.gov/html/doh/downloads/pdf/cd/wash-away-germs-poster.pdf](http://nyc.gov/html/doh/downloads/pdf/cd/wash-away-germs-poster.pdf)

### Detailed Health Information

- **Norovirus:** [nyc.gov/html/doh/html/diseases/cdnor.shtml](http://nyc.gov/html/doh/html/diseases/cdnor.shtml)
- **Influenza (Flu):** [nyc.gov/html/doh/flu/html/home/home.shtml](http://nyc.gov/html/doh/flu/html/home/home.shtml)
- **Enterovirus D68:**
  - [nyc.gov/html/doh/html/diseases/enterovirus.shtml](http://nyc.gov/html/doh/html/diseases/enterovirus.shtml)
  - <http://www.cdc.gov/non-polio-enterovirus/about/EV-D68.html>