

Russell County Schools COVID/Flu recommendations include:

- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when sick.

1. Students and staff who have symptoms of acute respiratory illness are asked to stay home and not come to school until they are fever-free (100.4 F or greater using an oral thermometer), signs of fever, and any other symptoms for at least 24 hours, without the use of fever-reducing or symptom-altering medicines (e.g. cough suppressants).

2. Seek immediate medical care if symptoms become severe, such as high fever or difficulty breathing.

- Cough or sneeze into an elbow or use a tissue and place immediately in the trash.
- Routinely clean and disinfect frequently touched objects and surfaces.

If a student or staff member shows respiratory symptoms, our school nurses will follow standard precautions and work with our district departments and the Health Department to follow CDC guidelines.

For additional information, please contact your school nurse or visit the ADPH website at <http://alabamapublichealth.gov/infectiousdiseases/2019-coronavirus.html>. 1alabamapublichealth.gov



We will continue to monitor cases in our schools and in Russell County and will make revisions to this plan as needed.