

# SAFETY BULLETIN

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SHASTA-TRINITY SCHOOLS  
INSURANCE GROUP

## Know the Difference

Cleaning and disinfecting are important ways to prevent the spread of the flu virus in schools. A flu virus can live up to 48 hours on a surface, but usually dies in 2-8 hours. Normal cleaning can eliminate most hazards.

### Sanitizing.

Sanitizing is the process of cleaning or disinfecting

### Cleaning.

Cleaning removes germs, dirt and impurities. Use soap and water to lower the numbers of germs and prevent the spread of infection.

### Disinfecting.

Disinfecting kills germs on surfaces. Use approved chemicals to kill the germs after cleaning.

Washing hands, using hand sanitizer, and preventing children from sharing items will also prevent the spread of the virus.

## AVOID THE FLU: Sanitation and Vaccines

**The CDC has warned that this year's flu outbreak could be the deadliest ever for kids.**

37 have died in 39 states. Five percent of the country is sick as of the publication of this bulletin. Many have died within 1-2 days of being diagnosed. School districts around the country have been periodically closed over the last several months. In Atlanta, a mobile treatment center has been set up outside the hospital to care for the hundreds of patients. Overall, the number of cases are DOUBLE the normal amount.

### The Flu Shot

**It is not too late to get your flu shot.**

Regardless of your personal views on vaccinations, the CDC recommends you ensure you and your children get the flu shot immediately. It takes about two weeks for the antibodies to develop in the body after the injection. While the vaccination this year is around 33% effective, it will reduce the severity if it does not prevent the infection entirely. The flu season can last into May.

### Symptoms to be concerned about:

The flu is a viral respiratory disease, leading to high fevers, headaches, coughs, muscle pains, and runny noses. The very dangerous symptoms include:

**Shortness of breath**

**Labored breathing**

**Blue skin**

**Dehydration**

If you or someone in your family has these symptoms or a very high fever, seek medical aid immediately. Stay home from work/school for 24 hours after your fever subsides.

## RESOURCES

Center for Disease Control, Flu: <https://www.cdc.gov/flu/index.htm>

Pediatrics study on flu vaccine: <http://pediatrics.aappublications.org/content/early/2017/03/30/peds.2016-4244>

For any questions regarding this Safety Bulletin, or requests for free onsite safety classes, please contact Kurt Walling, Loss Prevention Manager for STSIG. [kwalling@stsig.org](mailto:kwalling@stsig.org), or 530-221-6444.