

# The Flu Prevention Resource Sheet for Healthcare Workers, Teachers and Concerned Parents

*[The U.S. flu season is just beginning](#), and can last until May (with peak infections hitting between December and February). While it's far too early to predict the severity of this year's flu season in the U.S., physicians are encouraging everyone to vaccinate ahead of the anticipated peak infection times.*

*The following resources serve as a guide for healthcare workers, teachers and concerned parents seeking additional flu-related facts and information.*

*Remember: stay healthy and stay informed!*

## Flu Prevention Resources

The CDC's Flu Guide

<https://www.cdc.gov/flu/>

Emergency Flu Symptoms

*Pay attention to particular symptoms such as difficulty breathing, shortness of breath, and chest pain or severe abdominal pain indicate a need to go to the hospital. Check out all symptoms and more information.*

<https://www.verywellhealth.com/when-you-should-go-to-the-hospital-with-the-flu-770306>

Flu Prevention

*Prevent the flu to the best of your ability by taking certain key steps such as vaccinating and keeping your hands and common surfaces clean. Learn more tips here:*

<https://www.healthyeentials.com/wellness-solutions/cold-flu-prevention-tips>

## Flu Vaccination Resources

1. *Vaccination Overview*

Complete Guide to the 2019-2020 Influenza Vaccine

<https://www.medicareadvantage.com/complete-guide-to-the-flu-vaccine>

The Flu Vaccine and Where to Get It

[https://www.walgreens.com/topic/scheduler/influenza-vaccine\\_1.jsp](https://www.walgreens.com/topic/scheduler/influenza-vaccine_1.jsp)

<http://www.fluzone.com/locator-map.cfm>

Senior Flu Shot Finder

<https://www.seniorflushot.com/>

Free and Discounted Flu Shots

<https://www.goodrx.com/blog/heres-how-to-get-discounted-or-even-free-flu-shots-this-year/>

## *2. Managing Vaccine Resistant Attitudes and Beliefs*

How to Talk to Patients Who Object to the Flu Vaccine

<https://thescript.zocdoc.com/how-to-talk-with-patients-who-object-to-the-flu-vaccine-2/>

Flu Shots and Persuasion

<https://www.mdedge.com/obgyn/article/149600/infectious-diseases/flu-shots-and-persuasion>

## Flu Prevention Hygiene Resources

### *1. Hand Hygiene*

Guideline for Hand Hygiene in Health-Care Settings

[http://www.shea-online.org/images/guidelines/SHEA\\_hand.pdf](http://www.shea-online.org/images/guidelines/SHEA_hand.pdf)

Hand Hygiene: Why, How & When?

[https://www.who.int/gpsc/5may/Hand\\_Hygiene\\_Why\\_How\\_and\\_When\\_Brochure.pdf](https://www.who.int/gpsc/5may/Hand_Hygiene_Why_How_and_When_Brochure.pdf)

Proper Hand Hygiene for Infection Prevention

<https://www.halyardhealth.com/hai-watch/hai-threats-solutions/hand-hygiene.aspx>

### *2. Coughing Hygiene*

Respiratory Hygiene/Cough Etiquette in Healthcare Settings

<https://www.cdc.gov/flu/professionals/infectioncontrol/resphygiene.htm>

Transmission-Based Precautions | Droplet Precautions

[https://www.cdc.gov/infectioncontrol/basics/transmission-based-precautions.html#anchor\\_1564058155](https://www.cdc.gov/infectioncontrol/basics/transmission-based-precautions.html#anchor_1564058155)

Does Wearing a Surgical Mask Prevent the Flu?

<https://www.health.com/cold-flu-sinus/surgical-mask-flu-prevention>

Flu mask: Should I wear one?

<https://www.mayoclinic.org/diseases-conditions/swine-flu/expert-answers/flu-mask/faq-20057878>

### *3. Home Hygiene: Effective Disinfecting*

How to Disinfect Your House After the Flu

<https://staywell.walgreens.com/post/148704114125/disinfect-germs-flu>

Five Sneaky Places Germs May be Hiding in Your Home — and How to Clean Them  
<https://www.homeadvisor.com/r/places-germs-hide-in-your-home-and-how-to-clean-them/>

10 Things to Clean After the Flu  
<https://www.cleanandscentsible.com/10-things-to-clean-after-the-flu/>

Cleaning after the flu: how to clean after the flu  
<https://www.cleanipedia.com/gb/family/cleaning-after-the-flu.html>

### Institutional Prevention Resources

Prevention Strategies for Seasonal Influenza in Healthcare Settings  
<https://www.cdc.gov/flu/professionals/infectioncontrol/healthcaresettings.htm>

Guideline on the prevention and control of seasonal influenza in healthcare setting  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3957004/>

Action Steps for Teachers to Prevent the Spread of Flu  
<https://www.cdc.gov/h1n1flu/schools/toolkit/pdf/teacherfactsheet.pdf>

Guidance for School Administrators to Help Reduce the Spread of Seasonal Influenza in K-12 Schools  
<https://www.cdc.gov/flu/school/guidance.htm>

How To Clean and Disinfect Schools To Help Slow the Spread of Flu  
<https://www.cdc.gov/flu/school/cleaning.htm>

Keep Flu Out of School: A Resource Toolkit  
<https://www.nfid.org/toolkits/keep-flu-out-of-school-toolkit/>