

Laurel School District

District Office

1160 S. Central Avenue

Laurel, Delaware 19956 • (302) 875-6100

FAX (302) 875-6106



Excellence: Believe It...Achieve It!

Laurel School District Influenza (H1N1) Plan 2009-2010

Introduction

This fall, millions of school-aged children will return to their school buildings for another year of academic instruction, physical education, music, and the arts. It also will be a time for the proliferation of colds, flu-like illnesses, and other germ-borne diseases. In Laurel School District, we are taking a pro-active approach to prevent excessive absences of students and staff due to these pre-described diseases.

A panel has been established that will meet monthly to review the absenteeism rate for students and staff, provide materials for each school promoting prevention techniques, and develop a plan in the event of a flu outbreak in our district. Those panel members are: Linda Schenck, assistant superintendent, Gail Fowler, director of special education and supervisor of school nurses, Kay Baynum, school nurse at Laurel High School, Vivian Short, school nurse at North Laurel Elementary School, Fred Vincent, custodian at North Laurel Elementary School, Dorothy Nave, food service director and chair of the Nemours Wellness Committee in Laurel Schools, Jamie Reynolds, health instructor at Laurel High School, and the superintendent, John McCoy.

Facts about H1N1

On Friday, August 21, 2009, the Delaware Superintendents were involved in a conference call to obtain current information on H1N1. Salient points from that conference call were:

1. we can expect an increase in the fall of reported cases of H1N1
2. children, young adults, and pregnant women are most at risk
3. schools play key role in prevention
4. recommend vaccination for 6mos-24 yr olds (most likely to get the flue, and school RN)
5. the virus lasts 2-8 hours
6. nasal swabs are used to determine condition
7. public relations and communications with school personnel and parents are very important
8. information is to be released Sept 1, and a CD will be available for each district
9. when possible, schools should not clump children together, for instance in cafeterias, gymnasiums, or libraries. We should spread out our children when able to do so.
10. distribute "Preparing for the Flu" tool kit (see attached)

11. prevention comes through good hygiene and a clean environment
12. early identification is crucial to preventing the spread of the flu
13. quick response to infected students is also crucial
14. students must be provided with academic assistance during their absence
15. individuals must be free from fever for 24 hours without medication before returning to school
16. school closure is not recommended
17. conversations around school closure and the continuity of education must take place
18. discussions must take place around the possible decrease in staffing (sick teachers)

Preparing for the Flu: A Communication Toolkit for Schools (Grades K-12)

This document is available on-line and should be accessed by all employees of Laurel School District and parents as well. A copy will be placed in the main office of each school and Central Office.

Teacher Fact Sheet/Employee Procedures Sheet

These documents are part of the Toolkit and are available on-line to each teacher and employee.

Posters

The following posters, or ones similar in nature, will be distributed via a CD to all schools as part of the approach to prevention:



Prevention Phases

The H1N1 Panel has developed a three-phase approach to the flu. Phase 1 (prevention) addresses all preventative measures. Phase 2 (intervention) addresses the onslaught of flu cases when absenteeism reaches a certain level. Phase 3 (resolution) is our resolution phase where we determine what it will take to bring the district back to normalcy.

Timeline

This year is crucial in monitoring our children and employees' health. Monthly meetings of the panel, reviewing absentee data and nurses' documentation, along with deadlines for distribution of materials, student assemblies, and possible in-service, and the proposed purchase of sanitizers, will need to be organized into a cooperative effort.

Steps to be Taken

The following steps are recommended for the prevention, intervention, and resolution to the possible swine flu infection in the Laurel School District. The steps are outlined in three phases that increase in intensity as the flu cases increase in the District.

Phase 1: Prevention

1. sanitization and hygiene
2. staff wipe down keyboards, door knobs, and desk tops between classes
3. locker rooms sanitized daily
4. quick identification of flu-like symptoms
5. isolation
6. fever free for 24 hours without medication before returning to school
7. parents call in to the school nurse with illness reports

Phase 2: Intervention

1. data from absenteeism exceeds recommended daily percentage
2. increased diligence regarding sanitization and hygiene
3. provide academic work for all absent students
4. panel to review possible next steps
5. inform Public Health Department of absenteeism
6. train substitute teachers in current approaches to hygiene
7. limit large group settings, i.e. library, gym, cafeteria, music, band, art
8. conduct p.e. outside, library/art/music/ in classrooms

Phase 3: Resolution

1. increased diligence in sanitization efforts
2. consider longer work days, resulting in 3 day weekends
3. rotate regular teachers in rooms with substitute teachers
4. close-off sections of schools

School Nurse Contact Information

Dunbar: Jennifer Davis @ 875-6142

North: Vivian Short @ 875-6132

Intermediate: Michelle Baker @ 875-6112

Middle School: Michelle Baker @ 875-6112

High School: Kay Baynum @ 875-6116

Laurel School District

Plan of Prevention 2009-2010

Teacher Fact Sheet - Action Steps for Teachers to Prevent the Spread of Flu

Take the following steps ALL the time and not only during a flu pandemic to help keep your students and yourself from getting sick with flu.

- **Educate and encourage students to cover their mouth and nose with a tissue** when they cough or sneeze. Also, provide them with easy access to tissues. Remind them to cover coughs or sneezes using their elbow instead of their hand when a tissue is not available.
- **Remind students to practice good hand hygiene** and provide the time and supplies (easy access to running water and soap or alcohol-based hand cleaners) for them to wash their hands as often as necessary.
- **Be a good role model** by practicing good hand hygiene and covering your mouth and nose when coughing or sneezing.
- **Keep an eye out for sick students and send them to the school health office for further evaluation.** Sick people should stay at home until at least 24 hours after they no longer have a fever or signs of a fever (without the use of fever-reducing medicine).
- **Clean surfaces and items** that are more likely to have frequent hand contact such as desks, door knobs, keyboards, or pens, with cleaning agents that are usually used in these areas.
- **Teachers should also stay home when sick.** Stay home until at least 24 hours after you no longer have a fever or signs of a fever (without the use of fever-reducing medicine).
- **If you are pregnant, have asthma, diabetes, or other conditions that put you at higher risk for complications from the flu,** you should **speak with your doctor as soon as possible** if you develop symptoms of flu-like illness. People at high risk of flu complications who develop flu can benefit from early treatment with antiviral medicines.
- **If you have children,** plan ahead for child care if your child gets sick or his or her school is dismissed.
- **Be prepared in case the flu becomes more severe.**
 - **Develop options for how school work can be continued at home** (e.g., homework packets, Web-based lessons, phone calls), if school is dismissed or your students are home because someone in their household is sick.
 - **Be prepared for sick students or staff stay home for at least 7 days,** even if they feel better sooner. Those who are still sick after 7 days should continue to stay home until at least 24 hours after symptoms have gone away.
 - **Allow high-risk students to stay home.** These students should make this decision in consultation with their physician or other health professional.
 - **Find ways to increase social distances** (the space between people) in your classroom. For example, you might rearrange desks so that there is more space between students, consider cancelling classes that bring students together from different rooms, or postpone class trips.

Contact Us:

- Centers for Disease Control and Prevention
1600 Clifton Rd
Atlanta, GA 30333
- 800-CDC-INFO
(800-232-4636)
TTY: (888) 232-6348
24 Hours/Every Day
- cdcinfo@cdc.gov

What Do You Think

Add this Button to your Web site



Spread the Word



Send an e-card

Procedures and Recommendations to Prevent the Spread of the Flu



- **Stay home when sick:** Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. They should stay home even if they are using antiviral drugs. (For more information, visit <http://www.cdc.gov/h1n1flu/guidance/exclusion.htm>.)
- **Separate ill students and staff:** Students and staff who appear to have flu-like illness should be sent to a room separate from others until they can be sent home. CDC recommends that they wear a surgical mask, if possible, and that those who care for ill students and staff wear protective gear such as a mask.
- **Hand hygiene and respiratory etiquette:** The new recommendations emphasize the importance of the basic foundations of influenza prevention: stay home when sick, wash hands frequently with soap and water when possible, and cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).
- **Routine cleaning:** School staff should routinely clean areas that students and staff touch often with the cleaners they typically use. Special cleaning with bleach and other non-detergent-based cleaners is not necessary.
- **Early treatment of high-risk students and staff:** People at high risk for influenza complications who become ill with influenza-like illness should speak with their health care provider as soon as possible. Early treatment with antiviral medications is very important for people at high risk because it can prevent hospitalizations and deaths. People at high risk include those who are pregnant, have asthma or diabetes, have compromised immune systems, or have neuromuscular diseases.
- **Consideration of selective school dismissal:** Although there are not many schools where all or most students are at high risk (for example, schools for medically fragile children or for pregnant students) a community might decide to dismiss such a school to better protect these high-risk students.