

GRALAND GUIDELINES FOR STAYING HEALTHY DURING THE 2009-10 SCHOOL YEAR

Graland faculty, staff and administration ask that parents join us in doing all we can to stay healthy this school year. Based on recommendations from both the Center for Disease Control and the Colorado Health Department, we share with you the following guidelines for staff, students and parents. We look forward to a healthy school year.

Teach children how to protect themselves and others from germs:

- Teach children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal (That's about as long as it takes to sing the "Happy Birthday" song twice.)
- Teach children the proper use of hand sanitizer. Gels, rubs, and hand wipes all work well, as long as they contain at least 60% alcohol. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
- Teach children to keep their hands away from their face and avoid touching their mouth, nose, and eyes.
- Teach children to cover coughs and sneezes with tissues or by coughing into the inside of their elbow (Cough or sneeze into their sleeve, not their hands.)
- Make sure your family gets their seasonal influenza vaccine as soon as it becomes available.
- Help children learn these healthy habits by setting a good example and always doing them yourself.

Flu spreads easily. If you suspect your child is getting the flu, it is important that he/she does not attend school or go anywhere else—such as group childcare, the mall, trips, or sporting events—where other people would be exposed to flu germs. **Answer these**

questions every morning before sending your child to school:

1. Does your child have a **fever** (100° F or 37. 7°C)?
 2. Does your child have a **sore throat, cough, runny nose, body aches, vomiting, or diarrhea**?
- **If you answered "yes" to either one or both questions above**, your child might have the flu. Keep your child home from school until the symptoms are gone for at least 24 hours **without the use of fever lowering medications such as Tylenol or Ibuprofen**
 - **When should my child go to the doctor?** Call your health care provider if your child is ill enough that you would normally see a health care provider. Use the same judgment you would use during a normal flu season.

The following steps are being taken by Graland:

- If your child has a fever of 100°F accompanied by a sore throat or cough, or feels too ill to participate in school, he/she will be isolated in the health office and you will be contacted to pick him/her up from school. You are expected to pick up your child within one hour of being contacted. **Please have a plan in place as to who can pick up your child if you are unable to do so.**

- Students will be encouraged to wash their hands frequently or use sanitizing gels or wipes before eating and after toileting.
- Staff members will follow the same guidelines as the students.
- School will not be closed unless it is not able to function due to a high absentee rate or if directed to close by the health department.

Class Trips:

- It will be very disappointing for a child not to be able to participate in a class trip but we ask that you **do not send children on a trip if there is an indication he or she is ill.**
- Students who become ill on a trip with a fever of 100°F or more with a cough or sore throat will be isolated from their peers and their parent will be asked to come pick them up.

Graland will have face masks on hand and may ask staff and/or students to use them per direction from The Children's Hospital. If we all practice good hygiene, health officials believe we can limit the spread of both seasonal influenza and Novel H1N1 influenza.

Commonly asked questions about the H1N1 flu virus

How severe is illness associated with novel H1N1 flu virus?

Illness with the new H1N1 virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred.

One thing that appears to be different from seasonal influenza is that adults older than 64 years do not yet appear to be at increased risk of novel H1N1-related complications thus far. CDC laboratory studies have shown that no children and very few adults younger than 60 years old have existing antibody to novel H1N1 flu virus; however, about one-third of adults older than 60 may have antibodies against this virus. It is unknown how much, if any, protection may be afforded against novel H1N1 flu by any existing antibody.

If I have a family member at home who is sick with novel H1N1 flu, should I go to work?

Employees who are well but who have an ill family member at home with novel H1N1 flu can go to work as usual. These employees should monitor their health every day and take everyday precautions including washing their hands often with soap and water, especially after they cough or sneeze. Alcohol-based hand cleaners are also effective. If they become ill, they should notify their supervisor and stay home. Employees who have an underlying medical condition or who are pregnant should call their health care provider for advice because they might need to receive influenza antiviral drugs to prevent illness.

What should I do if I get sick?

If you live in areas where people have been identified with novel H1N1 flu and become ill with influenza-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, you should stay home and avoid contact with other people. CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Are there medicines to treat novel H1N1 infection?

Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with novel H1N1 flu virus. Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu

complications. During the current pandemic, the priority use for influenza antiviral drugs is to treat severe influenza illness (for example hospitalized patients) and people who are sick who have a condition that places them at high risk for serious flu-related complications.

How long can influenza virus remain viable on objects (such as books and doorknobs)?

Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for 2 to 8 hours after being deposited on the surface.

What kills influenza virus?

Influenza virus is destroyed by heat (167-212°F [75-100°C]). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time. For example, wipes or gels with alcohol in them can be used to clean hands. The gels should be rubbed into hands until they are dry.

How should waste disposal be handled to prevent the spread of influenza virus?

To prevent the spread of influenza virus, it is recommended that tissues and other disposable items used by an infected person be thrown in the trash. Additionally, persons should wash their hands with soap and water after touching used tissues and similar waste.

What household cleaning should be done to prevent the spread of influenza virus?

To prevent the spread of influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.

How should linens, eating utensils and dishes of persons infected with influenza virus be handled?

Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but should not be shared without washing thoroughly first. Bed sheets and towels should be washed using household laundry soap and tumbled dry on a hot setting. Eating utensils should be washed either in a dishwasher or by hand with water and soap.