

Lemont-Bromberek Combined School District 113A

FLU PREVENTION AND RESPONSE

**P.T.A. Presentation
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Purpose of Presentation

- ☐ Provide basic information about the flu
- ☐ Explain District 113A's prevention strategies
- ☐ Share District 113A's monitoring protocols
- ☐ Outline Cook County's vaccination options
- ☐ Offer resources for further information

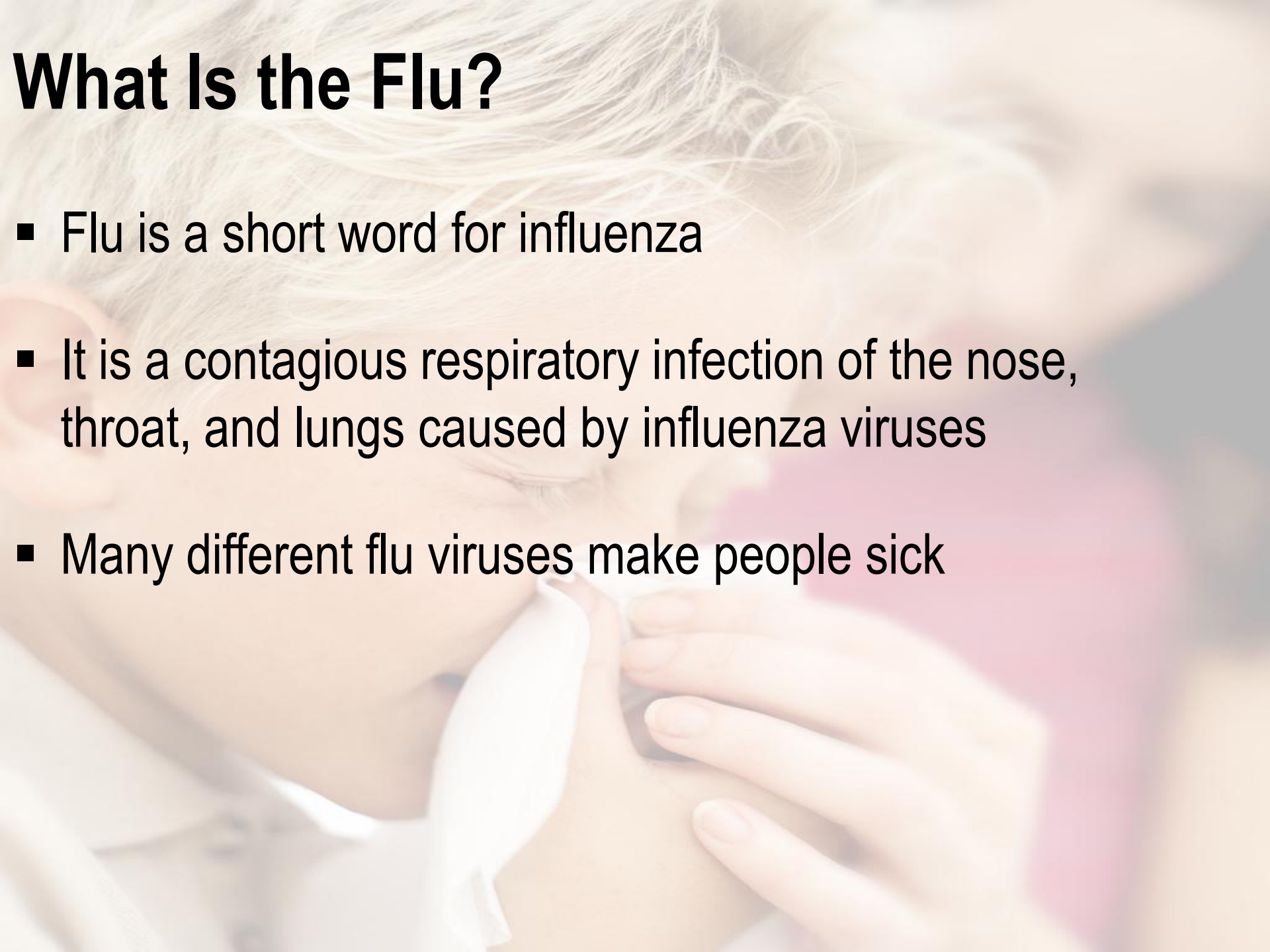
DYNAMIC SITUATION...CHANGING DAILY!

(information in this presentation is current as of October 20, 2009)

***USE YOUR EXPERTS: PHYSICIAN, CDC &
STATE/COUNTY HEALTH DEPARTMENTS***

What Is the Flu?

- Flu is a short word for influenza
- It is a contagious respiratory infection of the nose, throat, and lungs caused by influenza viruses
- Many different flu viruses make people sick



Seasonal Flu

- **Seasonal flu** refers to influenza viruses expected during the fall and spring of each year
- Each year the **seasonal flu** vaccines change in anticipation of the expected viruses for that year
- In the U.S., regular **seasonal flu** results in an estimated 36,000 deaths and more than 200,000 hospitalizations from flu-related causes

Novel H1N1 Flu



- Initially called “**swine flu**”
- **H1N1** refers to the type of virus
- **Novel** means that it is new
- **Pandemic:** Occurs when a new influenza A virus emerges for which there is little or no immunity in the human population; the virus causes **serious illness** and spreads easily from person-to-person worldwide
- **June 11, 2009:** the World Health Organization (WHO) declared a global pandemic of H1N1 (Swine) flu

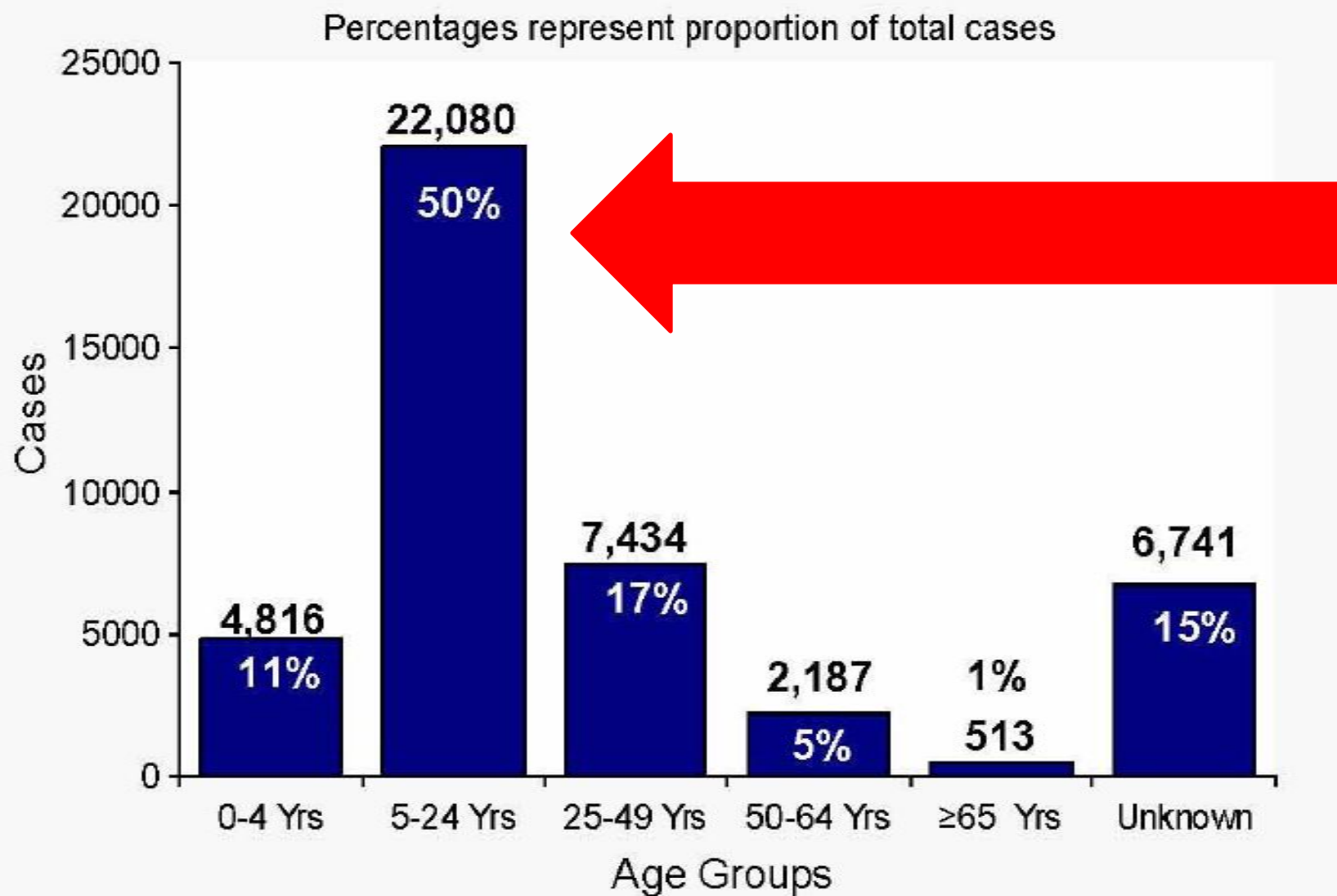
How Serious Is the Flu?

- Illness caused by the flu is **serious for young children** and children with one or more **chronic medical conditions**
- Children with **chronic conditions** such as asthma, diabetes, weakened immune systems, kidney disease, heart problems, neurological and neuromuscular disorders or other chronic conditions are **more susceptible to serious illness** from flu

Consult physician and check CDC recommendations



Laboratory-confirmed cases by age group novel influenza A(H1N1) – 24 JUL 2009 (n=43,771)



The 3 Cs for Flu Prevention

Step 1: Clean

Wash hands, warm running water & soap
15-20 seconds (Happy Birthday song 2X)

Back-up: Alcohol-based wipes or sanitizer
(Children: Only with supervision of adult)

Step 2: Cover Nose and Mouth (tissue or elbow)

Step 3: Contain (stay home if sick)

Spreading the Flu

Spreads from person to person through respiratory droplets:

- ✓ Coughing
- ✓ Sneezing
- ✓ Touching a surface or object with flu virus on it and then touching mouth or nose without washing hands

Key point from CCDPH:

Infected person can shed virus before fever, >24 hours after fever ends, without any fever and while using antivirals

Symptoms: Influenza-Like Illness (ILI)

Fever ≥ 100 degrees F **AND** cough and/or sore throat

Symptoms: Novel H1N1 (per CDC 10/20/09)

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fever	cough
sore throat	runny or stuffy nose
body aches	headache
chills	fatigue

- Some people may have vomiting and diarrhea.
- People may be infected with the flu, including 2009 H1N1, and have respiratory symptoms **without** fever.
- Severe illnesses and deaths have occurred as a result of illness associated with this virus.

Prevent the Spread of the Flu

- **Wash hands** often with soap & water, especially before eating
- Use **alcohol-based hand sanitizers** if water not available
- **Clean surfaces** and **items** that have lots of hand contact
(CDC does not believe additional disinfection of surfaces beyond recommended routine cleaning is required)
- **Cover** your sneezes and coughs with elbow or tissue
- **Avoid touching** eyes, nose and mouth
- If **pregnant**, consult health care provider
- Follow **recommendations** of your health care provider re:**vaccine**
- **Reinforce CCC with your child:** Germ Warfare (student book)
- **Avoid close contact** with sick people – social distancing

Social distancing?

Social Distancing

Increasing space between people to avoid spread of the flu

Examples:

- ✓ Keep sick person in a separate room
- ✓ Limit contact with sick person as much as possible
- ✓ Designate single person to provide care for sick person
- ✓ Increase distance between you and others: **3 – 10 feet**

What Should I Do if My Child Has Flu-like Symptoms?

- Keep child at home until he/she no longer has a fever for ***24 hours without the use of fever reducing medicines (e.g., Tylenol)***
- Consult your health care provider for advice
- Provide your child with plenty of rest and fluids
- Longer exclusion may be advisable for children with high-risk or chronic health conditions

What Should I Do if My Child Has Flu-like Symptoms? - continued

Watch for emergency warning signs that need urgent medical attention:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Not urinating or no tears when crying
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that child does not want to be held
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Flu-like symptoms improve but then return with fever and worse cough

Can My Child Go to School If He/She Has Only One or Two Flu-like Symptoms?

NO, Please!

Have your child stay home and rest

Help us limit the spread of the
virus to others

Have a back-up plan for childcare:

If **YOU** are sick, or
YOUR CHILD is sick



Recommended School Responses

1. “Surveillance” of nurse office visits for ILI
2. Absenteeism “surveillance” (NOT a measure of Influenza-Like Illness activity)
3. Students and staff stay home when sick
4. Separation of ill students and staff
5. Hand hygiene and respiration “etiquette”
6. Increased cleaning of “high touch” areas
7. Back-up plan for staff absence
8. Continuation of learning (e.g., website, e-mail lessons)
9. Elimination/modification of perfect attendance awards
10. Selective dismissal (by school, in consultation with CCDPH)

Changes from Spring 2009 Flu Protocols

- ☐ Physicians have been advised by health agencies to **NOT test** typical patients for H1N1
- ☐ Schools will **NOT report** H1N1 cases to CCDPH
- ☐ CCDPH will **NOT inform** schools of H1N1 cases
- ☐ **No 7-day** school exclusions for typical cases
- ☐ **No doctor's note** to return to school

Key Points from the CDC: October 17th

- **Forty-one states** are reporting widespread influenza activity at this time: **Illinois** is one of those states
- **Almost all** of the influenza viruses identified so far are **2009 H1N1 Influenza A** viruses
- Total **influenza hospitalizations** for lab-confirmed influenza are **climbing and higher than expected** for this time of year for adults and children
- The **proportion of deaths** attributed to pneumonia and influenza has increased & exceeds what is normal for this time of year

District's "Surveillance" Protocol: Level 1

10* students with Influenza-Like Illness (ILI) see nurse

- ✓ Remind parents about prevention procedures
- ✓ Remind parents about return to school:
24 hrs. after fever-free with no medications
- ✓ Remind parents to NOT dose children with fever reducing medications prior to attending school
- ✓ Monitor school absences daily
- ✓ Call students' homes to learn reason for absence (if necessary)

***5 for Central and River Valley**

District's "Surveillance" Protocol: Level 2

5% of student body sees nurse for ILI (= "excessive")

- ✓ Remind parents: prevention and fever-free for 24 hours
- ✓ Report increased ILI activity to CCDPH
- ✓ Review and reinforce infection control and cleaning procedures
- ✓ Inform parents of high health-risk students
- ✓ Implement safety measures for medically vulnerable students (e.g., longer exclusion)
- ✓ Absentee rate of 5-10% due to ILI: Identify cluster groups
Report to CCDPH

District's "Surveillance" Protocol: Level 3

10% of student body sees nurse for ILI

- ✓ Repeat Level 2 procedures
- ✓ Consider requiring students with ILI to remain at home for *7 days*
- ✓ Modify instructional programs, as needed (e.g., e-mail or web lessons, flexible due dates)
- ✓ Consider daily symptom checks, rescheduling of field trips, formal social distancing (e.g., desk arrangement), etc.

District's "Surveillance" Protocol: Level 4

Selective school dismissal

- ✓ Rare, local decision
- ✓ Goal: protect students and staff from illness
- ✓ *Not* likely to have significant effect on community-wide transmission
- ✓ Current recommendation for dismissal: 5-7 days/reassess
- ✓ Report to CDC and ISBE required

Flu Vaccines

Seasonal flu vaccine

- ✓ Available now
- ✓ Contact your physician, local clinic, or pharmacy

H1N1 vaccine

- ✓ Distribution began in early October
- ✓ Highest risk groups in first phase **(CDC's UPDATE)**
- ✓ County school vaccination program **may be** available
- ✓ Pregnant women should consult physician regarding vaccine

Cook County Department of Public Health: School Vaccination Program

- **Board** is considering participation (awaiting details from CCDPH regarding timing, storage needs, etc.)
- **VOLUNTARY** student vaccination program
- **Free** to students (*PreK through 8th grade or ?*)
- **Parental consent** (county & district) required
- **Implementation schedule** to be determined
- Vaccinations administered during **regular school hours**
- **Parents** may be **present** for vaccination, if possible

CCDPH: School Vaccination Program

- **Parent volunteers** needed for vaccine days
- **Vaccinators:** License and background checks
- **Parents:** Answer questions regarding students' health
- **Second shot parent's responsibility:**
Children under 10 (per FDA & CDC as of 10/16/09)
- **Records:** Original consent forms to CCDPH; copies to school file and parent/guardian
- **Adverse reaction to vaccine:** Report to government
- **Flu mist:** Some restrictions may apply (seek guidance from health care provider)

Community Locations for Flu Shots: Seasonal *Now* – H1N1 *When Available*

- Private physicians
- Cook or DuPage County Health Department
- Clinics located in the community
- Youth and family centers
- Local pharmacies

Communications with School

- **Parents report on absence hotline** when student will be out of school due to flu-like symptoms; be **specific**
- Contact teacher/s regarding **make-up work**
- Watch **e-mail, website** and **backpacks** for info
- **Individual suspected/confirmed cases of H1N1** will not be announced:
 - ✓ Many doctors not testing for H1N1
 - ✓ History of false negatives with H1N1 test
 - ✓ Avoid creating a false sense of security if no cases are announced when undiagnosed cases likely

District 113A's Goals for Flu Season

- **Reduce** students' and staff members' **exposure** to flu
- **Decrease spread** of flu among students and staff
- **Minimize disruption** of day-to-day educational, social and economic activities

***Do this by using flu prevention procedures at all times:
You don't know if the person next to you has H1N1!***

QUESTIONS?



**Please see your
school's nurse or
contact your health
care provider**

Resources about Flu

Illinois Department of Public Health

www.idph.state.il.us

Cook County Department of Public Health

E-mail: BeAware@CCDPH.net

Website: www.ccdph.org

DuPage County Department of Public Health

www.dupagehealth.org

Centers for Disease Control and Prevention

www.flu.gov

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