



Lake Forest School District 67 Preparations for Influenza 2009-2010

Procedures for basic infection control have long been in place in District 67 and practiced on a daily basis - not just during flu season. This year, these procedures are being clearly identified and promoted as the most effective way to reduce the impact of seasonal and H1N1 influenzas, as well as other communicable diseases. These procedures are outlined below for each group of stakeholders with the expectation that working together will increase the health benefits and protections for all.

The best preventive measure for seasonal and H1N1 flu is vaccination. According to the Lake County Health Department, the H1N1 vaccine may become available in October 2009.

District 67 will be following CDC, Illinois Department of Public Health, and Lake County Health Department guidelines for promoting healthy habits and reducing the spread of communicable disease. As always, the health and safety of our students, parents and staff is our chief concern. With your help, we will reduce the spread of both types of influenza and provide a safe, healthy environment for learning.

Recommendations for Parents

- **Keep sick children home.** Assess your children carefully each morning before school. Children with a cough, runny nose, sore throat, body aches, or chills should be kept home. Children with fever must be kept home until they have had at least 24 consecutive hours without fever or signs of fever (without the use of fever-reducing medicines). **If in doubt, keep your child home until certain he or she is well.**
- Remember- one sick child at school can infect many other children and staff.
- **Report your child's absence to the school office each morning. Please inform the school if your child is home with symptoms of Influenza-Like-Illness (ILI) such as: fever, cough, achiness, chills, vomiting, diarrhea, and shortness of breath.**
- Children who present at school with symptoms of Influenza-Like-Illness (ILI) will be sent home immediately. Please have a "pick-up plan" prepared in case you are called to pick up your child from school. Schools will keep sick children comfortable in the nurses office until parents pick them up.
- Be sure your child's **Emergency Contact form** is on file at school and that **contact names and phone numbers are accurate.**
 - Instant Alert
 - Sign-up for school e-newsletters

- Check information on District website
- **Teach your children Hand Hygiene.** The CDC recommends washing hands often with soap and water, especially before eating, after a cough or sneeze, and after using the bathroom. If soap and water are not available, alcohol based hand cleaners are also effective.
- **Teach children Respiratory Etiquette.** Instruct your children on how to use tissues to cover a cough or sneeze, and blow their nose. Tissues are provided in all classrooms, but if they find themselves without a tissue, they should cough into their elbow or shoulder- not hands.
- **Discuss influenza vaccines** with your health care provider.
- **Teach children not to share personal items** like drinks, food, etc.

Recommendations for Staff

- **Stay home if sick.** Assess your health each morning for Influenza-Like-Illness (ILI) such as: fever, cough, achiness, chills, vomiting, diarrhea, and shortness of breath. Stay home at least 24 hours after you no longer have a fever (without the use of fever reducing medicines).
- Prepare one week of lesson plans that a substitute teacher would follow in your absence, and keep them up-to-date and clearly labeled on your desk.
- **Assess your risk.** If you are pregnant, have asthma, diabetes, or other conditions that put you at higher risk for complications from flu, you should speak with your doctor as soon as you develop any flu-like symptoms.

If you are a parent:

- **Plan ahead for childcare** if your own child becomes ill or his or her school is dismissed.
- **Discuss influenza vaccines** with your health care provider.

In your classroom:

- **Educate and encourage students to use hand etiquette:** using tissues to cover coughs and sneezes. If tissues are not readily available, instruct students to cough into their elbow or shoulder rather than into hands. Make sure tissues are easily accessible at several locations in classroom.
- **Provide time and materials for proper hand washing:** easy access to soap and water (or alcohol based hand sanitizers if soap and water are not available) for students to wash hands as necessary.

- **Send students to the school nurse's office at the first sign of illness.**
- **Clean surfaces and items** that have frequent hand contact such as desks, doorknobs, keyboards, etc, with the cleaning solution provided by the school for classroom use.
- **Be a good role model** by practicing frequent hand washing and consistent hand etiquette.

Additional Measures

- Nurses will be doing a combination of **in-class training**, posters, announcements, etc. Short, frequent reminders are planned throughout the flu season.
- Information will be **posted on school websites and sent home via Friday Flyer** to encourage at home discussions.
- Nurses will attend building staff meetings on an ongoing basis to provide updates as needed.
- **Attendance will be monitored daily by the Superintendent's office.**
- **Spray bottles with refillable germ killing solution will be provided to all** instructional program staff for use on desks, doorknobs or other surfaces as needed.
- **Antiseptic wipes/gel are being provided** for ongoing cleaning of computer equipment during the school day.
- **The custodial staff is following extra care** during lunch periods and during nightly cleaning.