

## **CLIFFSIDE PARK SCHOOL DISTRICT**

### **H1N1 GUIDELINES**

#### **Exclusion Period**

CDC revised its recommendation about how long people with flu-like illness should stay home. CDC now recommends 24 hours after a fever is gone without using any fever reducing medication.

The change in recommendation is based on what we learned about the new H1N1 virus during spring 2009 and is designed to decrease the risk of spreading the flu while also reducing the disruption to society caused by people staying home for long periods.

By tailoring the recommendation to how long someone with flu has a fever, people with less severe illnesses will be able to return to their daily lives sooner, while also protecting others from the flu during their most contagious period.

Those who are sick should stay in the home during this period, except to seek necessary medical care and should avoid contact with others.

Because not everyone ill with the new H1N1 flu will have a fever, it is important for everyone to wash their hands frequently and follow good hand hygiene and respiratory etiquette so they don't unknowingly infect others.

#### **Hand Hygiene/Respiratory Etiquette**

First and foremost, the new guidelines emphasize the importance of promoting basic foundations of preventing flu: getting vaccinated, frequent hand washing and soap and water when possible, covering noses and mouths with a tissue when coughing or sneezing and staying home when sick.

## **Separate ill Students and Staff**

Students and staff who appear to have flu-like illness will be sent to a room separate from other students until they can be sent home. CDC also recommends they wear a surgical mask if possible.

### **CLIFFSIDE PARK SCHOOL DISTRICT** **H1N1 GUIDELINES FOR PARENTS**

#### **Action Steps for Parents if School is dismissed or Children are Sick and Must Stay Home:**

- Be prepared to support home learning activities that the school makes available. Have school materials, such as text books, workbooks, and homework packets available at home. Your child's Principal and teacher will assist with these items.
- Have activities for your children to do while at home. Pull together games, books, DVDs, and other items to keep your family entertained.
- Find out if your employer will allow you to stay at home to care for sick household members or children dismissed from school. Ask if you can work from home. If this is not possible, find other ways to care for your children at home.
- If school is dismissed, monitor the school's website, local news, and other sources for information about returning to school.

#### **Tips for taking care of children (and other household members) with the flu:**

- *Stay home if you or your child is sick* until at least 24 hours after there is no longer a fever or signs of a fever (without the use of a fever-reducing medicine). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others. Stay home even if taking antiviral medicines.
- *Cover coughs and sneezes. Clean hands* with soap and water or an alcohol-based hand rub often and especially after coughing or sneezing.

- ***Keep sick household members in a separate room*** (a sick room) in the house as much as possible to limit contact with household members who are not sick. Consider designating a single person as the main caregiver for the sick person.
- ***Monitor the health of the sick child and any other household members*** by checking for fever and other symptoms of flu. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, the sick person might have a fever if he or she feels warm, has a flushed appearance, or is sweating or shivering.

**CLIFFSIDE PARK SCHOOL DISTRICT**  
**H1N1 Guidelines for Teachers and Administrators**

***Recommended strategies to use now, for flu conditions with severity similar to spring/summer 2009***

1. Get vaccinated against the flu.
2. Stay home when sick.
3. Conduct daily health checks. An example of how to perform daily health checks can be found at:  
<http://www.bmcc.edu/Headstart/Trngds/Diseases/pg91-108.htm>.
4. Separate ill children and staff.
5. Encourage hand hygiene and respiratory etiquette of both people who are well and those who have any symptoms of flu.
6. Perform routine environmental cleaning.
7. Encourage early treatment for children and staff at high risk for flu complications.
8. Increase social distances between children.
9. Encourage children with ill household members to stay home.
10. Extend the time that ill people stay home.
11. Early childhood program closures, if necessary.
12. Inform classroom teachers that they must have assignments prepared for students who have to stay at home. Parents must have an open line of communication with both the school principal and classroom teacher in order to obtain assignments, enrichment materials and any other school/classroom related materials.