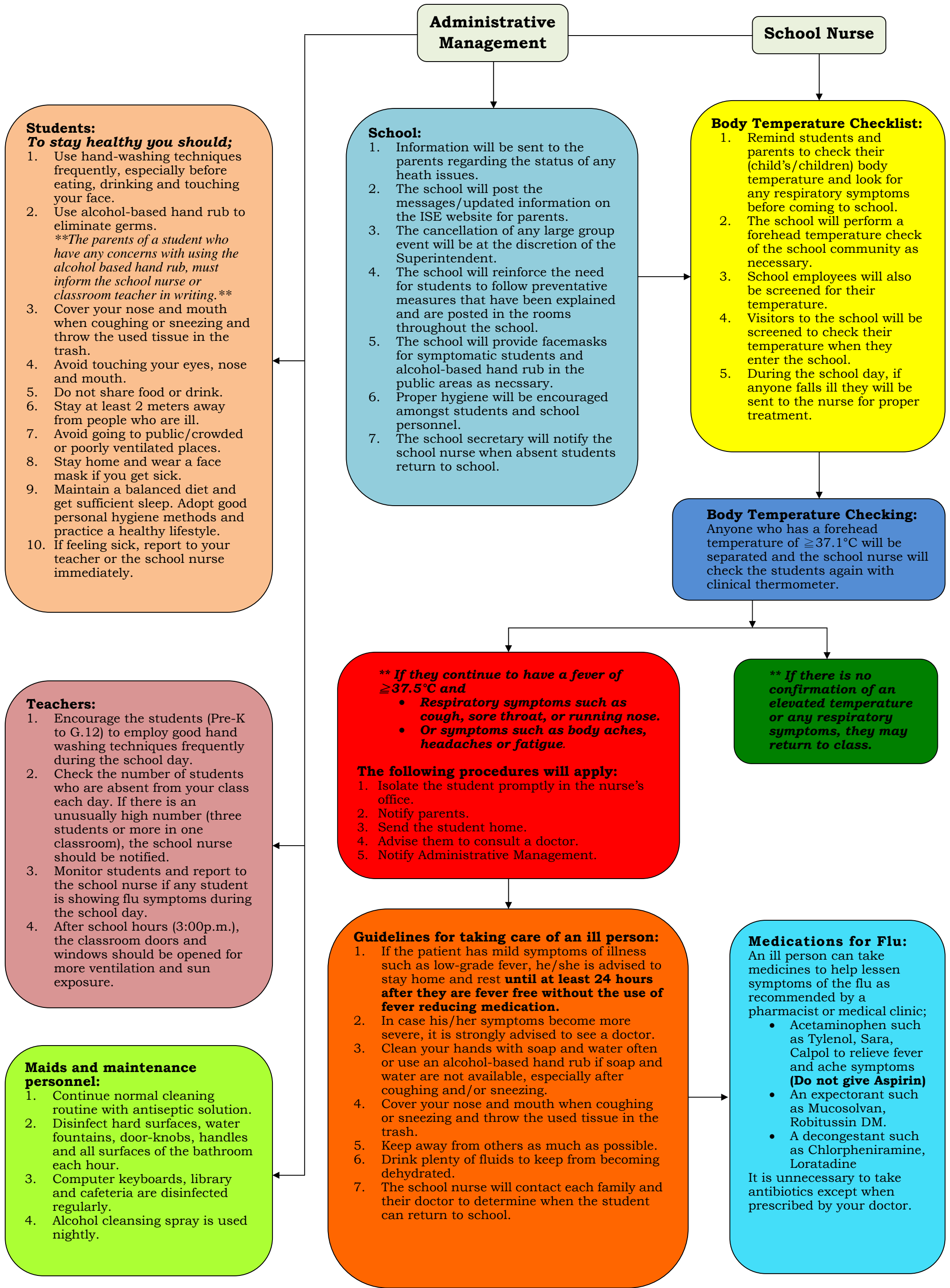


Precautions, Procedures and Plans in Response to H1N1



Administrative Management

School Nurse

**Students:
To stay healthy you should;**

1. Use hand-washing techniques frequently, especially before eating, drinking and touching your face.
2. Use alcohol-based hand rub to eliminate germs.
The parents of a student who have any concerns with using the alcohol based hand rub, must inform the school nurse or classroom teacher in writing.
3. Cover your nose and mouth when coughing or sneezing and throw the used tissue in the trash.
4. Avoid touching your eyes, nose and mouth.
5. Do not share food or drink.
6. Stay at least 2 meters away from people who are ill.
7. Avoid going to public/crowded or poorly ventilated places.
8. Stay home and wear a face mask if you get sick.
9. Maintain a balanced diet and get sufficient sleep. Adopt good personal hygiene methods and practice a healthy lifestyle.
10. If feeling sick, report to your teacher or the school nurse immediately.

School:

1. Information will be sent to the parents regarding the status of any health issues.
2. The school will post the messages/updated information on the ISE website for parents.
3. The cancellation of any large group event will be at the discretion of the Superintendent.
4. The school will reinforce the need for students to follow preventative measures that have been explained and are posted in the rooms throughout the school.
5. The school will provide facemasks for symptomatic students and alcohol-based hand rub in the public areas as necessary.
6. Proper hygiene will be encouraged amongst students and school personnel.
7. The school secretary will notify the school nurse when absent students return to school.

Body Temperature Checklist:

1. Remind students and parents to check their (child's/children) body temperature and look for any respiratory symptoms before coming to school.
2. The school will perform a forehead temperature check of the school community as necessary.
3. School employees will also be screened for their temperature.
4. Visitors to the school will be screened to check their temperature when they enter the school.
5. During the school day, if anyone falls ill they will be sent to the nurse for proper treatment.

Body Temperature Checking:
Anyone who has a forehead temperature of $\geq 37.1^{\circ}\text{C}$ will be separated and the school nurse will check the students again with clinical thermometer.

Teachers:

1. Encourage the students (Pre-K to G.12) to employ good hand washing techniques frequently during the school day.
2. Check the number of students who are absent from your class each day. If there is an unusually high number (three students or more in one classroom), the school nurse should be notified.
3. Monitor students and report to the school nurse if any student is showing flu symptoms during the school day.
4. After school hours (3:00p.m.), the classroom doors and windows should be opened for more ventilation and sun exposure.

**** If they continue to have a fever of $\geq 37.5^{\circ}\text{C}$ and**

- **Respiratory symptoms such as cough, sore throat, or running nose.**
- **Or symptoms such as body aches, headaches or fatigue.**

The following procedures will apply:

1. Isolate the student promptly in the nurse's office.
2. Notify parents.
3. Send the student home.
4. Advise them to consult a doctor.
5. Notify Administrative Management.

**** If there is no confirmation of an elevated temperature or any respiratory symptoms, they may return to class.**

Maids and maintenance personnel:

1. Continue normal cleaning routine with antiseptic solution.
2. Disinfect hard surfaces, water fountains, door-knobs, handles and all surfaces of the bathroom each hour.
3. Computer keyboards, library and cafeteria are disinfected regularly.
4. Alcohol cleansing spray is used nightly.

Guidelines for taking care of an ill person:

1. If the patient has mild symptoms of illness such as low-grade fever, he/she is advised to stay home and rest **until at least 24 hours after they are fever free without the use of fever reducing medication.**
2. In case his/her symptoms become more severe, it is strongly advised to see a doctor.
3. Clean your hands with soap and water often or use an alcohol-based hand rub if soap and water are not available, especially after coughing and/or sneezing.
4. Cover your nose and mouth when coughing or sneezing and throw the used tissue in the trash.
5. Keep away from others as much as possible.
6. Drink plenty of fluids to keep from becoming dehydrated.
7. The school nurse will contact each family and their doctor to determine when the student can return to school.

Medications for Flu:
An ill person can take medicines to help lessen symptoms of the flu as recommended by a pharmacist or medical clinic;

- Acetaminophen such as Tylenol, Sara, Calpol to relieve fever and ache symptoms **(Do not give Aspirin)**
- An expectorant such as Mucosolvan, Robitussin DM.
- A decongestant such as Chlorpheniramine, Loratadine

It is unnecessary to take antibiotics except when prescribed by your doctor.