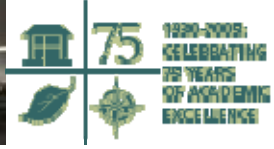


POCANTICO HILLS CENTRAL SCHOOL



Important notice from the desk of the Superintendent Dr. F. D. Smith and Nurse Deborah Calandrello (914) 631-2440 – email: fsmith@pocanticohills.org or dcalandrello@pocanticohills.org

PHCSD PANDEMIC FLU PLAN – OCTOBER 22, 2009

PHCSD Monitoring of Situation and Coordination with State and County Dept. of Health

- PHCSD RN-School Nurse Deborah Calandrello is coordinating the monitoring of student illnesses and absences. She is in frequent contact with State and County Health Dept officials.

Prevention of Problems—Employees are Reminding Students To Do the Following:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Symptoms of H1N1 Flu

- The Centers for Disease Control and Prevention (CDC) has described H1N1 as a type of influenza virus that causes respiratory disease that can spread between people. This is a new flu subtype. Symptoms include: fever, cough, sore throat, body aches, headache, chills and fatigue, possible vomiting / diarrhea.

Note: Parents are urged to keep sick children at home, and to seek medical attention if necessary. Please do not send your child to school .

If someone in your home is sick, keep him or her away from those who are not sick.

CDC – State & Local Guidance on School Closure

- *School closure is not advised for a suspected or confirmed case of novel influenza A (H1N1) and, in general, is not advised unless there is a magnitude of faculty or student absenteeism that interferes with the school's ability to function.*
- *Students and staff who appear to have flu-like illness should be sent to a room separate from others until they can be sent home. CDC recommends that they wear a surgical mask, if possible, and that those who care for ill students and staff wear protective gear such as a mask.*

- *Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever reducing medicines. They should stay home even if they are using antiviral drugs.*
- *Parents and guardians should monitor their school-aged children, and faculty and staff should self-monitor every morning for symptoms of influenza-like illness.*
- *Ill students should not attend alternative childcare or (meet) in settings (outside of) school.*
- *School administrators should communicate regularly with local public health officials to obtain guidance about reporting of influenza-like illnesses in the school.*

Will Instruction Be Provided If Schools Are Closed?

- *If schools close due to a severe outbreak of H1N1, the PHCSD will resume instruction when schools re-open.*

What are the procedures being used by the PHCSD to sanitize surfaces?

- *Although the CDC says that Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people, the PHCSD is regularly sanitizing surfaces per CDC, State, and County advice.*

If a Student or Employee is Sent Home by the Nurse, What is the Procedure for Returning to School?

- *Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. They should stay home even if they are using antiviral drugs.*

CDC: What You Can Do to Stay Healthy?

- *Stay informed. This website (<http://www.cdc.gov/h1n1flu/>) and (http://www.cdc.gov/flu/freeresources/2009-10/pdf/pan_flu_flier.pdf) will be updated regularly as information becomes available.*
- *Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.*
- *Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.*
- *Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.*
- *Avoid touching your eyes, nose or mouth. Germs spread that way.*
- *Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.*
- *Call 1-800-CDC-INFO for more information.*