

# H1N1 Pandemic Program Planning



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# **FAST FACTS**

- ***Approximately 1/5 of the U.S. population attends or works in schools. (U.S. Dept of Ed, 1999).***
- ***Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks.***
- ***Nearly 22 million school days are lost annually due to the common cold alone. (CDC, 1996)***
- ***Addressing the spread of germs in schools is essential to the health of our youth, our schools, and our nation.***
- ***Students need to get plenty of sleep and physical activity, drink water, and eat good food to help them stay healthy in the winter and all year.***

# WHY ARE CHILDREN VULNERABLE

- Natural curiosity the leads to frequent and wide-ranging handling of objects.
- Tendency to put their hands and objects in their mouths without concern about washing first.
- Immune systems are still developing.



# WHY ARE CHILDREN VULNERABLE

- More pronounced reaction to infections.
  - Breathe more times per minutes
  - Receive larger doses of exposure
  - Skin is thinner and have a larger skin surface-to-body mass ratio
  - Smaller body fluid reserves thus increasing the risk of rapid progression to dehydration or shock.
- Dependent on others for their care.

**PREVIOUS ACTIONS**

**RESPIRATORY  
ETIQUETTE**



**Practical steps recommended to help prevent the spread of the flu virus and other infectious disease.**

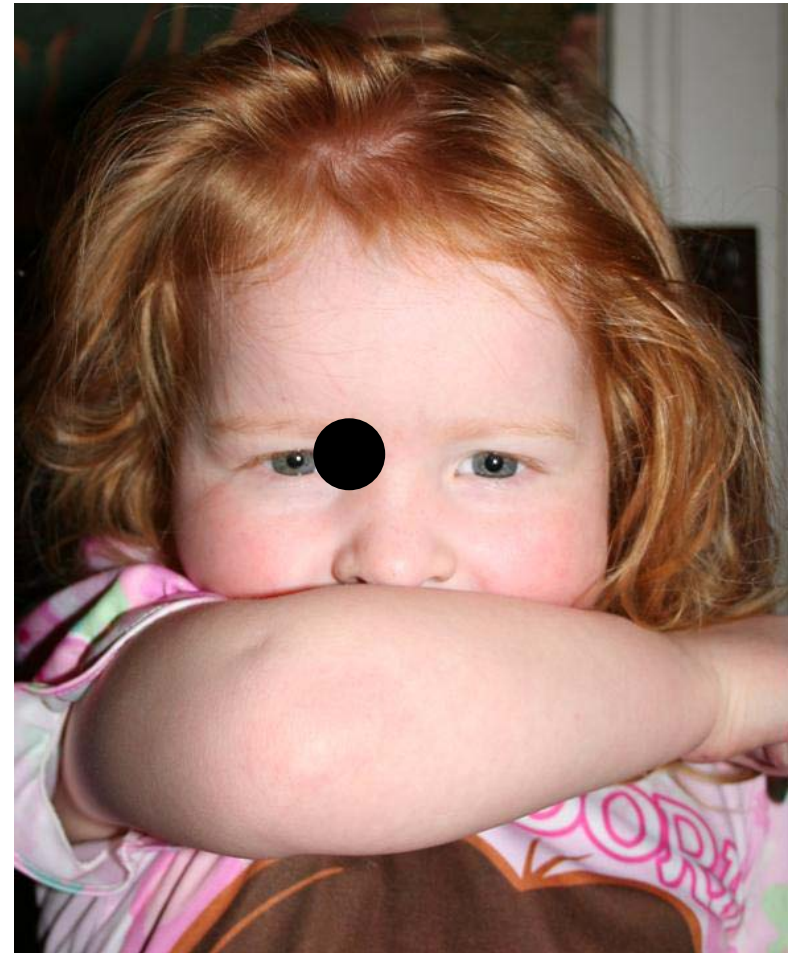
# RESPIRATORY ETIQUETTE

- Avoid close contact with people who are sick.
- Keep your distance from others if you are sick.
- When possible, stay home from work, school, and errands when you are sick, and don't send your children to childcare or school if they are sick.



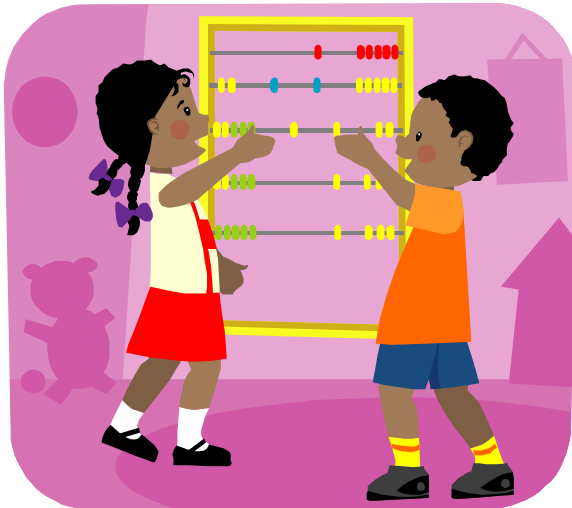
# RESPIRATORY ETIQUETTE

- Cover your mouth and nose when coughing or sneezing.
- Hand are cleaned especially after coughing and sneezing.
- Avoid touching your eyes, nose and mouth.



# ALREADY IN THE TOY BOX

## Preventing the Spread of Influenza in Child Care Settings: Guidance for Administrators, Care Providers, and Other Staff



# YEARLY FLU VACCINATION

Only offered seasonal vaccination

- The “flu shot”
- Nasal-spray vaccine
- Best method for preventing severe complication in children.
- 6 months to 19<sup>th</sup> birthday
- High risk individuals

# HAND HYGIENE



# STAFF HAND HYGIENE

- Visibly soiled (soap and water)
- Meals and feedings
- After wiping child's nose or mouth
- After touching tissues
- After touching items with saliva or nose drainage
- After diaper changes
- After assisting with toileting

# STAFF HAND HYGIENE

- Administering a medication
- Playing with a sensory table that is used by more than one person
  - Sand
  - Water
  - Rice
  - Etc.
- Cleaning
- Handling garbage
- Before eating
- After using bathroom
- After outdoor play
- Contact with animals and their cages
- When arrive at beginning of day and before leaving
- When moving from one group of children to another

# CHILD HAND HYGIENE

- Visibly soiled  
(soap and  
water)
- Supervise  
process

# CHILD HAND HYGIENE

Additions to the list:

- Before eating
- After touching nose or mouth
- After touching tissues
- After using bathroom
- After outdoor play
- Contact with animals

# HAND HYGIENE METHODS

## Soap and Water

- Visibly soiled
- After diaper change or use of bathroom
- Friction for 15-20 seconds (Happy Birthday twice)

## Waterless Sanitizer

- When not soiled
- Must be supervised
- Watch for sensitive skin
- Rub until dried
- Out of reach of children

# CLEANING AND DISINFECTING

- Clean frequently touched surfaces, toys, and commonly shared items daily and then visibly soiled.
- Read and follow ALL instructions on the cleaning product label and use all required personal protective equipment.
- Keep out of reach of children.

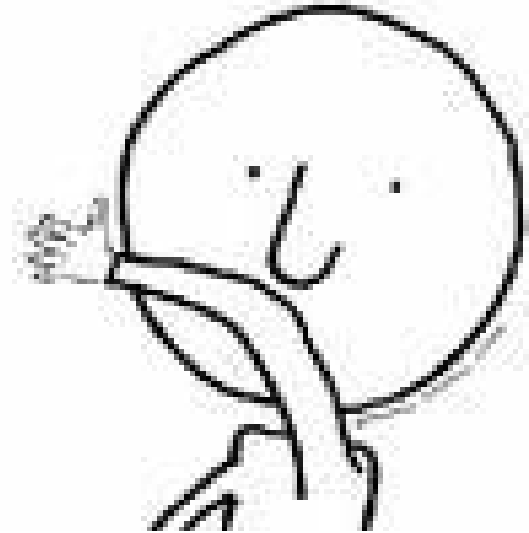
# CLEANING AND DISINFECTING

- Clean with regular soap or detergent and water as the first step (removes dirt and body fluids).
  - An item must be visibly clean before it can be disinfected.
- Disinfecting items is the second step (kill the germs).
  - regular household bleach and water solution

# To Disinfect Toys and Other Surfaces

<b>Water</b>	<b>Regular Bleach 5.25%</b>
1 Gallon (16 cups)	1/4 cups

# RESPIRATORY ETIQUETTE



# NOTIFY PARENT IF:

- Fever,
  - 100 F under arm
  - 101 F orally
  - 102 F rectally (101 F if under 4 months)
  - or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating).
- Chills,
- Cough,
- Sore throat,
- Headache, or
- Muscle aches.

Infant and young children can become quite ill quickly and may require urgent medical attention.

**STAY  
HOME  
WHEN  
SICK.**

Symptoms of the flu typically include:

- fever (100 degrees Fahrenheit or above orally),
- cough,
- sore throat,
- runny or stuffy nose,
- body aches,
- headache,
- Chills, and
- tired.

Nausea, vomiting or diarrhea can occur.

# STAY HOME WHEN SICK.

- Flu viruses are thought to spread mainly from person to person through coughing or sneezing.
- Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.
- People with influenza can potentially infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. Some young children or those with weakened immune system can spread germs for a week or longer.

**PREPARING FOR THE FLU-  
A COMMUNICATION  
TOOLKIT FOR CHILD CARE  
AND EARLY CHILDHOOD  
PROGRAMS**

# **ADDITIONS TO THE TOY BOX**

- Questions and Answers
- Fact Sheet for Early Childhood Program Providers
- 3 Fact Sheets to Inform Parents
- 1 Poster for Child Care Centers to Remind Parents to Keep Sick Children at Home
- 4 Template Letters (or E-mails) to send to Parents

# PREVENTION

- Seasonal and H1N1 vaccination
- Encourage Respiratory etiquette
- Good hand hygiene
- Routinely clean surfaces and items.  
Additional disinfection of these surfaces beyond routine cleaning is not recommended.

# SEPARATE ILL CHILDREN AND STAFF

- Sent home immediately.
- While waiting, separate sick children from well children (separate, supervised, space at least 6 feet apart)
- Wear a surgical mask while waiting, if possible.
- Staff caring for the sick child should also wear a surgical mask and limited.

# **EARLY TREATMENT OF HIGH- RISK CHILDREN AND STAFF**

Early treatment with antiviral medicine is important to prevent hospitalization and death.

People at high-risk include:

- pregnant,
- asthma
- diabetes,
- compromised immune systems,
- neuromuscular diseases (like cerebral palsy, muscular dystrophy, etc).

Instruct the parents to contact their health care provider as soon as possible.

# ACTIVE SCREENING

Staff in child care businesses should watch for signs of influenza when children arrive at child care (before the parents leave).

Staff members should be checked for signs/symptoms of influenza upon their arrival at work and sent home if ill.

Throughout the day, staff should be alert to identify children and staff who become ill.

# DAILY HEALTH CHECK

Provider should look for:

- a change in the child's behavior (crankiness, unusual crying, decreased appetite, or a lack of interest in playing),
- a report of illness in the child or family member,
- a report of a recent visit to a health care provider by the child or family member, and
- any signs or symptoms of flu: feeling warm to the touch, fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and tiredness. Some people may also have vomiting and diarrhea.

People may be infected with the flu, including 2009 H1N1, and have respiratory symptoms without a fever.

# CONSIDERATION OF SELECTIVE CHILD CARE BUSINESS CLOSURE

- Consider if flu transmission is high in the community or
- If multiple children become ill at child care businesses where all or most children are at high risk, temporary closure may be considered.

Please consult with your local public health department, DHS, and Regional Child Care Nurse Consultant prior to closing your program.

# MD NOTE?

- Not required for child nor Staff to return but does need to be fever free for 24 hours –without fever-reducing medicines.

# STAY HOME WHEN SICK.

Children and staff with a flu-like illness should stay home for 24 hours after they no longer have a fever (without having to use fever-reducing medicines).

*Side note: keep in mind your parent population (e.g., Healthcare Providers is 7 days from s/s onset or until 24 hours after s/s resolve-which ever is longer)*

# **STRATEGIES IF THE EVENT BECOMES MORE SEVERE**

- CDC, state and local health departments, and other public health partners will continue to monitor the spread of flu, the severity of the illness it's causing, and whether the virus is changing.
- State and local health departments will also be on the lookout for increases in severe illness in their areas and will provide guidance to their communities.

# **HIGH-RISK CHILDREN AND STAFF SHOULD STAY HOME**

- Goal is to reducing their risk of being exposed to influenza when influenza is spreading throughout a community.
- Child care businesses should plan now for ways to maintain the required child to staff ratios at all times.

# INCREASE SOCIAL DISTANCES

- Dividing classes into smaller groups.
- Same child care provider.
- Drop off and pick up practices
- Reduce common time together
- Postponing trips that bring children together into large densely-packed groups
- Move play areas farther apart
- Outdoor activities
- Move into larger spaces

# **CHILDREN WITH SICK HOUSEHOLD MEMBERS STAY HOME**

- Stay home for the incubation period for (five days) from the day the first person became ill.

# **EXTEND THE PERIOD FOR SICK PEOPLE TO STAY HOME**

If severe illness, stay home for:

- Seven days after their illness begins
- and**
- If still having symptoms after seven days, until 24 hours after their fever goes away.

# CHILD CARE CLOSINGS

Child care, public health officials will work closely together to balance the risks of illness spread and to decide if a child care business should close due to severe illness.

- The length will vary depending on the situation, the severity and the extent of illness.
- Child care businesses may be asked to close for five to seven calendar days and will be given advice on when to reopen.

# CHILD CARE CLOSINGS

- Selective – temporary to decrease the spread among children less than 5 years old.
- Reactive – more severe and unable to operate due to staff and children illness
- Preemptive – early response in the community to severe spread and is the most effective.

# HOW CAN WE PREPARE FOR FLU RESPONSE?

- Examine and revise, as needed, current flu (or crisis) response plans.
- Update contact information for parents so they can be easily contacted if they need to pick up their sick child.
- Be aware if a child in their care has an underlying health condition that would put the child at particularly high risk of flu complications.
- Develop contingency plans to cover key positions when staff are sick or caring for family members at home.

# HOW CAN WE PREPARE FOR FLU RESPONSE?

- Identify and establish a point of contact with the local public health agency.
- Set up a separate space for care of sick students or staff which will separate them from others by at least 6 feet until they can be sent home.
- Display and distribute educational materials to encourage hand hygiene and respiratory etiquette.
- Help families and communities understand the important roles they can play in reducing the spread of flu.
- Encourage parents to plan for alternate child care in case the early childhood program closes.

# Reality Check



# ASSUMPTIONS

All centers are monitoring absenteeism

- Location
- Room
- Child (parent or sibling)
- Date of Symptoms started
- Disease (assumption or confirmation)
- Additional cases in same room

# **CAN YOU ON ANY SINGLE DAY GIVE AN ABSENTEEISM RATE?**

To know a sudden and unexpected spike,  
you need to know what is normal.

- Per classroom
- Per center
- Children
- Staff
- Community Acquired
- Potentially Child Care Center Acquired

# ABSENTEEISM RATE

Managing Infectious Diseases in Child Care and Schools, 2<sup>nd</sup> Edition:

- Daily review of symptoms to detect patterns of illness promptly
  - Each group of children
  - Facility overall
- Monthly noting differences in patterns between groups of children.

# ASSUMPTIONS

We are monitoring policies and procedure for compliance:

- Hand hygiene compliance of staff.
- Hand hygiene compliance of children.
- Availability of soap, towels and water and within reach.

# ASSUMPTIONS

- Disinfection of diapering stations.
- Eating surfaces washed, sanitized, disinfected between each use.
- Item brought in from home are clean.
- Bedding is cleaned per policy.

# ASSUMPTIONS

We are notifying parents the presence of influenza like illness:

- classroom or school
- Single verses multiple cases
- Information provided
  - educational - gives what to watch for and directions for actions
  - Parents read and act upon

# ASSUMPTIONS

- Each organization has an established standard so that frequently touched surfaces, toys and commonly shared items are cleaned daily and when visibly soiled.
- Have the ability to pull and store non-essential items.
- EPA registered disinfectant is used
- Surfaces and items that are more likely to have frequent hand or mouth contact are already identified and cleaned.

# ASSUMPTIONS

We have extra supplies available as the need increases:

- Tissues
- Paper towels
- Disinfectants
- Masks for children and adults
- Teaching plans and supplies are on the shelf ready to go

**WWW.FLU.GOV**

**Contact CDC 24 Hours/Every  
Day**

- 1 (800) CDC-INFO (232-4636)
- TTY: (888) 232-6348
- send an e-mail to  
cdcinfo@cdc.gov

# WEBSITES FOR GUIDELINES

[http://www.cdc.gov/h1n1flu/childcare/toolkit/pdf/childcare\\_toolkit.pdf](http://www.cdc.gov/h1n1flu/childcare/toolkit/pdf/childcare_toolkit.pdf)

<http://www.cdc.gov/flu/school/index.htm>

[http://www.flu.gov/professional/school/childcare\\_guidance.pdf](http://www.flu.gov/professional/school/childcare_guidance.pdf)

# WEBSITES FOR GUIDELINES

[http://dhs.wisconsin.gov/communicable/influenza/pdf\\_files/DayCareSetting.pdf](http://dhs.wisconsin.gov/communicable/influenza/pdf_files/DayCareSetting.pdf)

[http://dhs.wisconsin.gov/communicable/influenza/pdf\\_files/school.pdf](http://dhs.wisconsin.gov/communicable/influenza/pdf_files/school.pdf)

<http://www.cdc.gov/flu/school/qa.htm>

# WEBSITES WITH EXAMPLES OF FORMS

[www.bmcc.edu/Headstart/Trngds/Diseases/pg91-108.htm](http://www.bmcc.edu/Headstart/Trngds/Diseases/pg91-108.htm)

<http://nrc.uchsc.edu/CFOC/PDFVersion/Appendix%20F.pdf>

# WEBSITES FOR CHILDREN'S EDUCATION

<http://www.flu.gov/psa/index.html#elmo>

<http://www.scrubclub.org/home.aspx>

<http://www.bam.gov/>

[http://www.fsis.usda.gov/OA/foodsafetymobile/mob\\_ilegame.swf](http://www.fsis.usda.gov/OA/foodsafetymobile/mob_ilegame.swf)

<http://www.fsis.usda.gov/oa/pubs/hwdecal.pdf>

# WEBSITES FOR CHILDREN'S EDUCATION

<http://www.itsasnap.org/snap/pdfs/SNAP%20activity6-4-03.pdf>

[http://www.washup.org/assets/english\\_brochure.pdf](http://www.washup.org/assets/english_brochure.pdf)

[http://www.itsasnap.org/snap/teachers\\_nurses.asp](http://www.itsasnap.org/snap/teachers_nurses.asp)

[http://www.fightbac.org/component/option,com\\_docoman/task,cat\\_view/gid,39/Itemid,83/](http://www.fightbac.org/component/option,com_docoman/task,cat_view/gid,39/Itemid,83/)

# WEBSITES FOR PARENTS

[http://www.cdc.gov/flu/freeresources/2009-10/pdf/pan\\_flu\\_brochure.pdf](http://www.cdc.gov/flu/freeresources/2009-10/pdf/pan_flu_brochure.pdf)

[http://www.cdc.gov/flu/professionals/flugallery/2008-09/parents\\_guide.htm](http://www.cdc.gov/flu/professionals/flugallery/2008-09/parents_guide.htm)

[http://www.cdc.gov/flu/professionals/flugallery/2009-10/pdf/h1n1\\_take3.pdf](http://www.cdc.gov/flu/professionals/flugallery/2009-10/pdf/h1n1_take3.pdf)

# WEBSITES FOR PARENTS

<http://www.cdc.gov/h1n1flu/pdf/handwashing.pdf>

[http://www.cdc.gov/germstopper/materials/home\\_work\\_school.pdf](http://www.cdc.gov/germstopper/materials/home_work_school.pdf)

[http://www.cdc.gov/ounceofprevention/docs/ooop\\_poster\\_eng.pdf](http://www.cdc.gov/ounceofprevention/docs/ooop_poster_eng.pdf)

# ABC TO PREVENT THE FLU

- Avoid touching mouth, nose or eyes
- Be sure to wash hands often
- Cover your cough
- Don't go to school (work) if you are ill