



FACT SHEET

SWINE FLU GUIDANCE FOR OHIO CHILD CARE PROVIDERS AND SCHOOLS

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

General information for illnesses in the school and child care setting.

- Remind parents and enforce policies that ill children stay at home during their illness.
- Remind and inform workers not to come to work while ill.
- A child may be infectious for up to 10 days after illness onset with influenza while adults are generally infectious for 5-7 days. Symptoms include sore throat, fever ($\geq 100^{\circ}$ F), muscle aches, fatigue, headache and cough.
- Utilize a system to track illness and absence due to illness among children and staff if one is not already in place. The system should be simple and easy to maintain but should record the number of persons with various illnesses (e.g. respiratory, diarrhea, rash) by day or at least by week. (see Caring for Our Children Standards 3.001 and 3.002 for information on how to do this <http://nrckids.org/CFOC/PDFVersion/Chapter%203.pdf>)
- Currently there are no special recommendations for isolation and quarantine. Continue to follow standard management of illness in the rules set forth by the Ohio Department of Jobs and Family Services. As events unfold additional recommendations will be made available.
- Review and implement CDC Guidelines and Recommendations for Preventing the Spread of Influenza (the Flu) in Child Care Settings: Guidance for

Administrators, Care Providers, and Other Staff,
(<http://www.cdc.gov/flu/professionals/infectioncontrol/childcaresettings.htm>)

- Staff should be familiar with the above guidelines and ensure that they are being followed in your program. It is very important to remind child care staff to clean/disinfect frequently touched surfaces within the facility.
- Provide information to parents on steps that they could take to prevent flu. (See attached fact sheet that could be distributed to each parent or posted on a door to the facilities with providers calling attention to the posted fact sheet).
- Monitor the postings on the CDC web site about this virus to see if child care facilities and schools should begin preparing for possible closure or changes in operation (www.cdc.gov/swineflu).
- Review your facilities emergency preparedness plans and consult with state and/or local health department's pandemic plans, particularly if the number of cases escalates dramatically.
- Check with your local and State health Department for guidance on pandemic flu management. Information may be available from state or local health authorities, child care licensing agencies or resource and referral agencies.

What to do if your childcare center or school is affected by Swine Flu?

- The Centers for Disease Control and Prevention (CDC strongly encourages the dismissal or closure of schools and child-care facilities with a confirmed or suspected case epidemiologically linked to a confirmed case (such as a temperature over 100 degrees F).
- Decisions regarding broader school dismissal within these communities should be left to local authorities, taking into account the extent of influenza like illness (ILI) in the community.
- If the school dismisses students or a childcare facility closes, they should also cancel all school or childcare related gatherings and encourage parents and students to avoid congregating outside of the school.
- Schools and childcare facilities should dismiss students for a time period to be evaluated on an ongoing basis.
- Schools and childcare facilities should consult with their local or state health departments for guidance on reopening. If no additional confirmed or suspected cases are identified among students (or school-based personnel) for a period of 7 days, schools may consider reopening.
- Schools and childcare facilities in unaffected areas should begin to prepare for the possibility of school or childcare facility closings.

What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches

respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

How long can viruses live outside the body?

We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent hand washing will help you reduce the chance of getting contamination from these common surfaces.

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- 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 this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

More information on preventing the spread of influenza can be found at:
<http://www.pandemicflu.gov/plan/school/preschool.html>. For generic information on disaster preparedness, see NACCRRRA's web site
http://www.naccrra.org/for_parents/coping/disaster.php

Additional generic planning information for schools, including examples of state and local plans, can be found on the Department of Education's website at:
<http://www.ed.gov/admins/lead/safety/emergencyplan/pandemic/index.html>.

For the most current information, please refer to <http://cdc.gov/swineflu/>

For more information please call:

Cuyahoga County Board of Health 216-201-2091, www.ccbh.net

Cleveland Department of Public Health 216-664-3609, www.clevelandhealth.org

Shaker Heights Department of Health: 216-491-3170, www.shakeronline.com