

College Community District H1N1 Prevention Plan

It's that time of year once again. The leaves are falling, the weather is getting crisp and people are starting to spend more time indoors. It is also that time of year that people start getting sick, mainly with influenza. This year the influenza virus that is going around is a combination of swine and flu viruses.

H1N1, formally known as swine flu, has made its way around the globe this past year. Traveling ramped and leaving many deaths in its path. It has slowly spread into the United States and most recently has taken the life of a third lowan. We all knew it was coming. Now that it is here we need to all join together and become proactive in doing what we can do to prevent it. We all have an active role to play.

Fact: H1N1 is spread mostly from person to person through coughs and sneezes of people who are sick with influenza. People can also get sick when touching items that have the flu virus on it and then touch their eyes, nose or mouth. People with H1N1 are contagious as long as they have symptoms and even up to 7 days after that.

Fact: H1N1 virus can survive in the environment for several hours, depending on environmental factors like temperature, humidity and exposure to sunlight. It is important to routinely disinfect contaminated surfaces to minimize exposure. Any surface that is shared by another is a place that viruses will harbor and grow.

Each building will be putting together a plan on how they will educate staff and students and then be able to implement it as a daily routine. We must all follow common guidelines, even at home so that our district can become proactive. We want our students to be healthy and be exposed to as few germs as possible while in our care.

Guidelines:

1. Students need to stay home when ill. They **must be gone for 24 hours fever free without taking fever reducing medication**. Students must not fear being "punished" for doing this.
2. Staff must also follow the same rules. We need to put our health and those around us as priority number one.
3. The school nurse will prepare a "public" announcement to be shown school wide to help educate students and staff.
4. We all **must** cover our coughs and sneezes either with an elbow or a tissue.
5. Encourage hand hygiene with water or sanitizer after coughing, sneezing, or blowing one's nose every time.
6. Stop the sharing of personal items.
7. Routine cleaning of all the surfaces that are touched by students and staff on a daily basis.

8. Since locker rooms are crowded and there is inadequate ventilation we will re-introduce a weekly deep cleaning process. All students will take clothes home each Friday. The custodial staff will then do a deep cleaning of locker rooms and practice areas.
9. There will be some form of spray available to wipe down equipment between each person's use in fitness and weight room areas.

When we all follow these guidelines and encourage our students to do the same we will greatly reduce the risks that our school will present to those who enter our doors. Our goal is to educate the young adults we come in contact with. We can't do this if our class rooms are empty due to illness. We need to also educate them in being proactive in taking care of themselves. Those things being, getting plenty of rest every night, eating a well balanced diet and drinking plenty of fluids (preferable water). These healthy habits must start at home as well.

We do not want to have to shut our doors early or cancel sporting events due to a district wide pandemic. There have been schools and colleges that have had to do this. Let's all do our part, here and at home, and keep it from occurring and controlling our campus. Your cooperation and diligence during this challenging time is appreciated.