

BPES PTA Presentation

Sept. 22, 2009

- **Lisa Minor – The director of Health Services for Hanover County Public Schools presented this information. She received all of her information directly from the CDC website.**

The Facts About Novel H1N1 Influenza

Content Source:

U. S. Centers for Disease Control and Prevention

May 2009

Novel H1N1 Influenza

Novel H1N1 (referred to as swine flu early on) is a new influenza virus that is spreading from person-to-person.

The United States government has declared a public health emergency in the U.S. in response to the H1N1 outbreak.

CDC's response goals are to:

- reduce transmission and illness severity
- provide information to help health care providers, public health officials, and the public address the challenges posed by this emergency.

Novel H1N1 Influenza

- The first cases of human infection with novel H1N1 influenza virus were detected in April 2009 in San Diego and Imperial County, California and in Guadalupe County, Texas.
- The virus has spread rapidly.
- The virus is widespread in the United States at this time and has been detected internationally as well.

Novel H1N1 Influenza

CDC expects that more cases, more hospitalizations, and more deaths from this outbreak will occur over the coming days and months.

- Influenza is always serious – each year in the United States, seasonal influenza results, on average, in an estimated 36,000 deaths and more than 200,000 hospitalizations from flu-related causes.
- This outbreak certainly poses the potential to be at least as serious as seasonal flu, if not more so, especially given the fact that there currently is no vaccine against this virus.
- Because this is a new virus, most people will not have immunity to it, and illness may be more severe and widespread as a result.

How does novel H1N1 Influenza spread?



- This virus is thought to spread the same way seasonal flu spreads
- Primarily through respiratory droplets
 - Coughing
 - Sneezing
 - Touching respiratory droplets on yourself, another person, or an object, then touching mucus membranes (e.g., mouth, nose, eyes) without washing hands

What can you do to protect yourself
from getting sick?

Everyday actions can help prevent
spread of germs that cause respiratory
illnesses like influenza.

Take these everyday steps to protect your health

- Wash your hands often with soap and warm water, especially after you cough or sneeze. Wash for 15 – 20 seconds.
- Alcohol-based hand wipes or gel sanitizers are also effective.



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.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid contact with sick people.
- Schools are implementing these practices now.

We are urging parents to follow these guidelines.....

- Stay home if you're sick for 7 days after your symptoms begin or until you've been symptom-free for 24 hours, whichever is longer.
- If you are sick, limit your contact with other people as much as possible.



School nurses are looking for the following emergency warning signs in children

In children:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Irritable, the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

What is CDC doing?



- CDC has implemented its emergency response.
- CDC continues to issue new interim guidance for clinicians and public health professionals.
- CDC's Division of the Strategic National Stockpile (SNS) has sent 25% of the SNS stockpile of antiviral drugs, personal protective equipment, and respiratory protection devices to all 50 states and U.S. territories to help them respond to the outbreak.

What is CDC doing?

- CDC is working closely with state and local officials nationwide.
- CDC teams are deployed and many other activities and studies are underway or are being planned.
- CDC also is coordinating closely with the World Health Organization and other international partners.

Why do schools need to prepare?

“Given the fact that schools house large numbers of students and staff each day who are in close proximity and in constant contact with each other, the impact of a pandemic would be extremely significant” (School Health Alert, 2006).

Taliaferro, V. (2006) Pandemic Flu Preparation-Why schools need to take action. In School Health Alert Newsletter

How did Hanover approach this?

- A sub-committee was formed in October, 2006 to develop guidelines and a draft for a Pandemic plan.
- It was decided that rather than focusing on Pandemic flu specifically, we would broaden our plan for an overall Pandemic.

Hanover continues their efforts

- Letters were sent home in English and Spanish to all parents and staff members at the beginning of the school year.
- Information on H1N1 and prevention tips is currently on the county website.
- Chickahominy Health Director provided an in-service for all nurses on H1N1 at the beginning of the school year.

Hanover continues their efforts

- Custodial services and the Transportation departments are diligent in their cleaning efforts.
- Surveillance is being done by all school nurses and reported to the health department weekly.

Team effort made the difference

- Each department representative gathered information provided by the sub-committee and shared it with their colleagues.
- Once shared, each department provided input about how their department will respond in the event of a Pandemic.
- Suggestions were written and submitted back to the sub-committee.

Hanover's Plan

Director of Food Services

Food Service Specialist

On-site Food Managers/Principals



Collaboration is essential

- CDC collaborates with the VDH
- VDH collaborates with regional health districts
- Hanover County Public Schools continuously collaborates with the Chickahominy Health District officials.
- Met recently with Chickahominy Health District about the possibility of setting up vaccination clinics for students and staff within the school division.