The purpose of this guide is to provide schools with the tools needed to prepare for a pandemic influenza outbreak. The guide was developed as a joint effort of Tulare County Health and Human Services Agency, the Tulare County Office of Education and the Visalia Unified School District. It is intended to be used as a reference in the development of a plan for your school district. While your district is responsible for the development of an emergency plan, each school must follow the directives and guidance of the Tulare County Health and Human Services Agency in the event of a communicable disease outbreak or pandemic.

Special thanks to the following agencies for their support in the development of this material:

Orange County Health Care Agency
Tustin Unified School District
University of California Irvine
Contra Costa Health Services
Contra Costa County Office of Education
# Pandemic Action Kit for School Contents

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Dear School Official,

This document is designed to provide you with the practical tools you and your staff will need to prepare for a pandemic flu outbreak. At the present, there is no pandemic flu in the United States.

It is important to understand that every year, a large number of people get sick with seasonal flu; 30,000 people in the United States die from seasonal flu. Flu vaccines are effective ways to prevent people from getting sick with seasonal flu.

At some point, health experts believe that there will be a virus that spreads from human-to-human for which most people have no immunity and for which there is no vaccine. When that happens and people begin to get sick from the virus, we will have a pandemic flu.

There is a great deal of planning for this pandemic underway at the federal, state and local level. The tools in this document will help your school begin those efforts. They should also help your parents begin their preparations.

As the months go by, we will be giving you additional information about:

- How your school might be used as a site for providing treatment or vaccination. At the moment, site selection is still in process. (This is sometimes called mass prophylaxis)
- What plans have been developed to care for those who are extremely ill when hospital beds in the county are full. (This is sometimes called surge capacity planning)

We hope you will work with us and help us educate the community about the importance of preparation. Please call if you have any questions.

Sincerely,

Tulare County Health and Human Services Agency
Tulare County Office of Education - 559-651-0130
Visalia Unified School District
## PANDEMIC INFLUENZA ALERT SYSTEM

### SIX PHASES ESTABLISHED BY THE WORLD HEALTH ORGANIZATION

<table>
<thead>
<tr>
<th>Phase</th>
<th>Description</th>
<th>Alert Level</th>
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<tbody>
<tr>
<td><strong>Inter-pandemic Phase</strong></td>
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<tr>
<td>New virus in animals, no human cases</td>
<td>Low risk of human cases</td>
<td>1</td>
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<tr>
<td></td>
<td>Higher risk of human cases</td>
<td>2</td>
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<tr>
<td><strong>Pandemic Alert</strong></td>
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<tr>
<td>New virus, causes human cases</td>
<td>No, or very limited, human-to-human transmission</td>
<td>3</td>
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<td></td>
<td>Evidence of increased human-to-human transmission</td>
<td>4</td>
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<tr>
<td></td>
<td>Evidence of significant human-to-human transmission</td>
<td>5</td>
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<tr>
<td><strong>PANDEMIC</strong></td>
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Pandemic Influenza Alert System

Experts at the World Health Organization and elsewhere believe that the world is now closer to another influenza pandemic than at any time since 1968, when the last of the previous century's three pandemics occurred. It is impossible to anticipate when the next pandemic might happen or how severe its consequences might be.

Local education agencies play an integral role in protecting the health and safety of the districts’ staff, students and their families. Because of the complicated issues that schools would face should a true pandemic occur, it is imperative that we plan and prepare now. It is only a matter of time before the next pandemic arises, so by developing a strong response plan now, we are prepared for what will inevitably happen in the future.

The World Health Organization uses a series of six phases of pandemic alert as a system for informing the world of the seriousness of the threat and of the need to launch progressively more intense preparedness activities. The designation of phases, including decisions on when to move from one phase to another, is made by the Director-General of the World Health Organization.

Changes from one phase to another are triggered by several factors, which include the epidemiological behavior of the disease and the characteristics of circulating viruses. It is important for school officials to designate someone to monitor influenza surveillance systems and help gather and disseminate information as needed to staff, students, and parents.

To help school officials address the different phases of this alert system, the Tulare County Office of Education has developed the following set of guidelines for schools. These are general actions for schools to take that coincide with each color-coded pandemic phase level. In the event that the World Health Organization changes from one phase to another, school districts may or may not need to take specific protective actions. These are general guidelines and you can add or delete as you feel appropriate.
Phases of Pandemic Influenza and Recommendations for Schools

Each of the following pandemic influenza phases represents an increasing risk to the general population. Each school district is responsible for developing and implementing appropriate and specific pandemic response plans.

This phase is declared when there is a low risk of human cases. The following actions should be considered:

- Implement a sound health and hygiene program for all staff and students to follow.
- Develop specific pandemic response procedures and add to existing emergency plans.
- Conduct routine inventories of first aid and medical supplies.
- Verify that illnesses are properly monitored at each school site.
- Increase pandemic influenza awareness and strengthen training for school staff.

This phase is declared when there is a higher risk of human cases. The following actions should be considered:

- Review and update school emergency plans; include pandemic response procedures.
- Review current communication plan to notify parents in times of emergency.
- Provide staff members and parents/guardians with any information that would strengthen a school’s ability to respond to a pandemic.
- Promote the importance of reducing the spread of illness; remind parents to keep sick children at home and remind staff members to stay home when they are sick.
This phase is declared when there is no, or very limited transmission among humans, but the virus continues to spread rapidly among animals. The following actions should be considered in addition to any specific plans that are developed and implemented:

- Communicate the current phase level to all staff members and train them in pandemic response plans as they are developed.
- Identify a person in your agency who will monitor government sources for warnings.
- Gather and disseminate pertinent information as it becomes available.
- Establish an internal planning team and develop specific pandemic response procedures.
- Identify who will make the decision to close schools and at what point that decision will be made.
- Begin to consider the possibility of school closures and that staff members may not be able to report to work.
- Continue to make sure that proper health and hygiene procedures are being followed by staff and students.
- Review whether the precise characteristics of the pandemic threat require the refinement of any current emergency plans.

This phase is declared when there is evidence of an increased number of human-to-human transmissions. The following actions should be considered:

- Communicate the increase in phase level to all staff members.
- Monitor influenza surveillance systems for the current characterization of the virus.
- Identify the need to implement any recommended social distancing measures.
- Encourage students and staff members who become ill after traveling to affected countries to see their health care provider.
- Report an increase in student and staff illness to the Tulare County Health & Human Services Agency: Communicable Disease Office at (559) 687-6965.
This phase is declared when there is significant transmission among humans. The following actions should be considered in addition to any specific recommendations from local and state health officials:

- Communicate the increase in phase level to all staff members and parents.
- Monitor influenza surveillance systems for the current characterization of the virus.
- Identify the need to implement any additional social distancing measures.
- Evaluate your chain of command and identify key decision makers.
- Assess school events and take additional precautions, if necessary.
- Consider assigning mental health counselors for students and staff members, if needed.
- Discuss students’ fears concerning a pandemic and offer available resources.

This phase indicates the presence of a true pandemic. In conjunction with local and state health officials, determine the appropriate response with these considerations in mind:

- Communicate the increase in phase level to all staff members.
- Review the districts chain of command ensuring that a decision maker is available at all times.
- Gather and provide pertinent information to students, staff and parents.
- Assess the pandemic condition on a regular basis and evaluate whether any further protective measures are needed.
- Evaluate recommendations from health officials for social distancing and quarantine and be prepared to respond accordingly.
- Consider canceling special events.
- Mobilize Crisis Response Teams to meet the mental health needs of students and staff members, if needed.
School Action Steps for Pandemic Flu

The following is a chronological list of important step-by-step actions schools should take before, during and after a pandemic flu outbreak. Pandemic flu can have several cycles or waves so this list may need to be repeated.

PRIOR TO OUTBREAK/PREPAREDNESS & PLANNING PHASE

- Create a pandemic flu plan. (Use the CDC School Pandemic Flu Planning Checklist and Flow Chart in this section of the binder)

- Work with local health officials and emergency preparedness officials. They may want to use the schools as a way to disseminate information to families. You can begin with Parent Letter #1 in the Parent section of this binder.

- Decide the roles and responsibilities of school staff (including all ancillary staff) to prevent the spread of flu.

- Train nurses and staff in flu-symptom recognition. (See surveillance section of this binder). Remember that a person who is infected does not show symptoms right away. But children who are getting ill may show different behavior than usual, such as eating less or being irritable.

- Insure that standard surveillance/disease recognition procedures are in place and implemented. (See surveillance section of this binder)

- Improve the hygiene of students and staff. Use simple non-medical ways to reduce the spread of flu by “cough and sneeze etiquette,” clean hands, and clean work areas. (See public information section of this binder for posters)

- Determine whether the school should be cleaned differently or more often.

- Decide to what extent you will encourage or require children and staff to stay home when they are mildly ill.

- Identify students who are most vulnerable to serious illness (immune compromised, chronic illness, etc.)

- Review the health needs of students. Some students may have a greater risk of infections. Encourage those families to talk to their health care provider. Some parents may need to be more cautious in keeping their children out of school.

- Develop alternative learning strategies such as collaborative agreements with Tulare County Television or other local cable stations, teleconferencing, lessons on CDs.

- Educate staff, students and parents about: the differences between seasonal flu, bird flu and pandemic flu; best hygienic practices to prevent any sort of flu; what could occur in a pandemic. (Use the information in the public information section of this binder)
### Outbreak of Flu Disease

<table>
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<tr>
<th>LESS THAN 10% STUDENTS</th>
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<tr>
<td><strong>•</strong> Begin Heightened Surveillance Reporting</td>
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<tr>
<td><strong>•</strong> Send out Parent Letter #3 Initial Outbreak, informing parents that some students are sick but schools remain open, include tip sheets and info resource list*</td>
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<tr>
<td><strong>•</strong> Work with Tulare County Health and Human Services Agency Health Services regarding a Press Release A announcing schools remain open but parents need to prepare/Use key messages A*</td>
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<td><strong>•</strong> Post flu prevention signs on campus</td>
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### Expansion of the Outbreak

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<tr>
<th>10% OR MORE OF STUDENTS ILL (But less than 30%)</th>
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<tr>
<td><strong>•</strong> Local Health Officer issues ADA Support Letter to schools/Epidemic Declaration</td>
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<tr>
<td><strong>•</strong> Begin Intensive Surveillance Reporting</td>
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<td><strong>•</strong> Send Parent Letter #4 Expanded Outbreak; include prevention tip sheets, etc.</td>
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### Continued Expansion of the Outbreak

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<tr>
<th>MORE THAN 30% OF STUDENTS ILL</th>
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<tr>
<td><strong>•</strong> Tulare County Health and Human Services Agency Public Health Officer issues Declaration and press release closing school(s)</td>
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<tr>
<td><strong>•</strong> Close school</td>
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<tr>
<td><strong>•</strong> Send out Parent Letter #5 School Closure, announcing closure(s)</td>
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<tr>
<td><strong>•</strong> Cancel any non-academic events</td>
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### Following the Outbreak

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<td><strong>•</strong> Tulare County Health and Human Services Agency issues declaration and press release that schools can open.</td>
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<td><strong>•</strong> Issue Parent Letter #6</td>
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<tr>
<td><strong>•</strong> Continue communicating with local health department</td>
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<tr>
<td><strong>•</strong> Return to heightened surveillance reporting</td>
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*If students get sick again, start checklist again at Outbreak section.*
**School District (K-12) Pandemic Influenza Planning Checklist**

Local educational agencies (LEAs) play an integral role in protecting the health and safety of their district’s staff, students and their families. The Department of Health and Human Services (HHS) and the Centers for Disease Control and Prevention (CDC) have developed the following checklist to assist LEAs in developing and/or improving plans to prepare for and respond to an influenza pandemic.

Building a strong relationship with the local health department is critical for developing a meaningful plan. The key planning activities in this checklist build upon existing contingency plans recommended for school districts by the U.S. Department of Education (Practical Information on Crisis Planning: A Guide For Schools and Communities [http://www.ed.gov/admins/lead/safety/emergencyplan/crisisplanning.pdf]. This checklist has been modified by Tulare County Health Services.

Further information on pandemic influenza can be found at [www.pandemicflu.gov](http://www.pandemicflu.gov) and [echealth.org](http://echealth.org)

### 1. Planning and Coordination:

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- Identify the authority responsible for declaring a public health emergency at the state and local levels (Tulare County Health Officer) and for officially activating the district’s pandemic influenza response plan.
- Identify for all stakeholders the legal authorities responsible for executing the community operational plan, especially those authorities responsible for case identification, isolation, quarantine, movement restriction, healthcare services, emergency care, and mutual aid.
- As part of the district’s crisis management plan, address pandemic influenza preparedness, involving all relevant stakeholders in the district (e.g., lead emergency response agency, district administrators, local public health representatives, school health and mental health professionals, teachers, food services director, and parent representatives). This committee is accountable for articulating strategic priorities and overseeing the development of the district’s operational pandemic plan.
- Work with local and/or state health departments and other community partners to establish organizational structures, such as the Incident Command System, to manage the execution of the district’s pandemic flu plan. An Incident Command System, or ICS, is a standardized organization structure that establishes a line of authority and common terminology and procedures to be followed in response to an incident. Ensure compatibility between the district’s established ICS and the local/state health department’s and state education department’s ICS.
- Delineate accountability and responsibility as well as resources for key stakeholders engaged in planning and executing specific components of the operational plan. Assure that the plan includes timelines, deliverables, and performance measures.
- Work with your local and/or state health department and state education agencies to coordinate with their pandemic plans. Assure that the pandemic planning is coordinated with the community’s pandemic plan as well as the state department of education’s plan.
- Test the linkages between the district’s Incident Command System and the local/state health department’s and state education department’s Incident Command System.
- Contribute to the local health department’s operational plan for surge capacity of healthcare and other services to meet the needs of the community (e.g., schools designated as contingency hospitals, schools feeding vulnerable populations, community utilizing LEA’s healthcare and mental health staff). In an affected community, at least two pandemic disease waves (about 6-8 weeks each) are likely over several months.
- Incorporate into the pandemic influenza plan the requirements of students with special needs (e.g., low income students who rely on the school food service for daily meals), those in special facilities (e.g., juvenile justice facilities) as well as those who do not speak English as their first language.
- Participate in exercises of the community’s pandemic plan.
- Work with the local health department to address provision of psychosocial support services for the staff, students and their families during and after a pandemic.
1. Planning and Coordination (cont.):

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<td>Review Tulane County Health Services’ surveillance and reporting system that would alert the local health department to a substantial increase in absenteeism among students.</td>
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<td>Implement an exercise/drill to test your pandemic plan and revise it periodically.</td>
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<td>Share what you have learned from developing your preparedness and response plan with other LEAs as well as private schools within the community to improve community response efforts.</td>
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2. Continuity of Student Learning and Core Operations:

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<tr>
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<td>Develop scenarios describing the potential impact of a pandemic on student learning (e.g., student and staff absences), school closings, and extracurricular activities based on having various levels of illness among students and staff.</td>
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<td>Develop alternative procedures to assure continuity of instruction (e.g., web-based distance instruction, telephone trees, mailed lessons and assignments, instruction via local radio or television stations) in the event of district school closures.</td>
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<td>Develop a continuity of operations plan for essential central office functions including payroll and ongoing communication with students and parents.</td>
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3. Infection Control Policies and Procedures:

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<td></td>
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<td>Work with the local health department to implement effective infection prevention policies and procedures that help limit the spread of influenza at schools in the district (e.g., promotion of hand hygiene, cough/sneeze etiquette). Make good hygiene a habit now in order to help protect children from many infectious diseases such as flu. (See Process and Public Information sections of the P&amp;K binder.)</td>
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<td>Provide sufficient and accessible infection prevention supplies (e.g., soap, alcohol-based/waterless hand hygiene products, tissues and receptacles for their disposal).</td>
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<td>Establish policies and procedures for students and staff sick leave absences unique to a pandemic influenza (e.g., non-punitive, liberal leave).</td>
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<td>Establish sick leave policies for staff and students suspected to be ill or who become ill at school. Staff and students with known or suspected pandemic influenza should not remain at school and should return only after their symptoms resolve and they are physically ready to return to school.</td>
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<td>Establish policies for transporting ill students.</td>
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<td>Assure that the LEA pandemic plan for school-based health facilities conforms to those recommended for health care settings (Refer to <a href="http://www.hhs.gov/pandemic/flu/plan">www.hhs.gov/pandemic/flu/plan</a>).</td>
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4. Communications Planning:

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<td>Assess readiness to meet communication needs in preparation for an influenza pandemic, including regular review, testing, and updating of communication plans.</td>
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<td>Develop a dissemination plan for communication with staff, students, and families, including lead spokespersons and links to other communication networks.</td>
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<td>Ensure language, culture and reading level appropriateness in communications by including community leaders representing different language and/or ethnic groups on the planning committee, asking for their participation both in document planning and the dissemination of public health messages within their communities.</td>
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4. Communications Planning (cont.):

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- Develop and test platforms (e.g., hotlines, telephone trees, dedicated websites, and local radio or TV stations) for communicating pandemic status and actions to school district staff, students, and families.
- Develop and maintain up-to-date communications contacts of key public health and education stakeholders and use the network to provide regular updates as the influenza pandemic unfolds.
- Assure the provision of redundant communication systems/channels that allow for the expedited transmission and receipt of information.
- Advise district staff, students and families where to find up-to-date and reliable pandemic information from federal, state and local public health sources.
- Disseminate information about the LEA's pandemic influenza preparedness and response plan (e.g., continuity of instruction, community containment measures).
- Disseminate information from public health sources covering routine infection control (e.g., hand hygiene, cough/sneeze etiquette), pandemic influenza fundamentals (e.g., signs and symptoms of influenza, modes of transmission) as well as personal and family protection and response strategies (e.g., guidance for the at-home care of ill students and family members). See Public Information section of binder.
- Anticipate the potential fear and anxiety of staff, students, and families as a result of rumors and misinformation and plan communications accordingly.
Sample
Pandemic Influenza Social Distancing Policy

Suspension of classes and other public gatherings

Under the Tulare County Office of Education Pandemic Response Plan, direction will come from the Superintendent’s office to suspend classes and other public school events. Criteria for the decision to suspend classes include one or more of the following:

- Confirmation of a high rate of infectivity, morbidity and/or mortality (W.H.O. Phase 6)
- Tulare County Health and Human Services Agency’s recommendation to curtail/cancel public activities
- Falling class attendance
- Rising employee absenteeism

Continuity of instruction

Consider these issues in the event of a 4-8 week class suspension on instruction:

- Identify essential functions that must continue.
- Identify essential personnel (if available) to maintain these essential functions.
- Develop alternative plans, i.e., distance learning.
- Reschedule the instructional calendar after the period of contagion has passed.

Limitation of all other campus business activity

Under the Tulare County Office of Education Pandemic Response Plan, direction will come from the Superintendent’s office to limit business activity. Criteria for the decision to limit business activity include one or more of the following:

- Suspension of classes and other public gatherings
- Confirmation of a high rate of infectivity, morbidity and/or mortality (W.H.O. Phase 6)
- Direction from the Tulare County Health and Human Services Agency to curtail/cancel public activities
- Falling class attendance
- Rising employee absenteeism

Continuity of business

Consider these issues in the event of a 4-8 week limitation on business:

- Essential functions that must continue
- Essential personnel (if available) to maintain these essential functions
- Alternative work plans, i.e., telecommuting
- Recovery of full business operations
This plan describes the critical functions and positions, designated personnel and response/recovery actions for the Tulare County Office of Education. Sections I to IV require planning that is applicable to many types of emergency events or disaster scenarios. Section V provides scenarios for use in planning business continuity. This document can be used as the business continuity plan for all hazards that could potentially impact the campus. This document will be combined with the Tulare County Office of Education Emergency Management/Response Plan.

This plan should be reviewed every 3 years or when significant changes occur to business processes and functions whichever occurs first.

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   2) Business Continuity Workgroup

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V. Scenarios and Questions
   A) Influenza Pandemic
I. **Planning Structure**  
Expand the space as necessary to complete the fields.

1. The organizational chain of command consists of:  
(List those leaders whose areas are included in this plan)

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<tr>
<th>Name</th>
<th>Position</th>
<th>Work Location</th>
<th>Email</th>
<th>Office Phone</th>
<th>Home Phone</th>
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2. The Business Continuity Workgroup is:  
(List persons responsible for creating and maintaining this plan)

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<th>Name</th>
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II. **Contact List**  
List faculty and staff in all areas covered by this plan.  
(Suggestion: cut/paste current phone list here in place of table)

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<tr>
<th>Name</th>
<th>Position</th>
<th>Work Location</th>
<th>Email</th>
<th>Office Phone</th>
<th>Home Phone</th>
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### III. Analysis Of Business Impact

1. What is the primary mission of the Tulare County Office of Education?

2. Consideration of critical functions and processes.
   Critical functions are defined as those acts:
   - necessary to preserve lives (human or animal)
   - maintain the physical plant/infrastructure and/or
   - continue essential business services until an emergency has abated.
   (Examples: maintaining data centers, keeping utilities functional and maintaining public safety.)
   <Note: These functions will be prioritized in Section IV>

<table>
<thead>
<tr>
<th>List the critical functions and processes.</th>
<th>List who performs those critical functions and processes. Include backups or alternative staff who could perform those functions.</th>
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List other units necessary to maintain the critical functions and processes of the Tulare County Office of Education. What arrangements or agreements exist with those other units?

<table>
<thead>
<tr>
<th>List processes or functions (other than those defined as critical) performed.</th>
<th>List how often the processes or functions are performed. Indicate how long they could be delayed.</th>
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If applicable, is there a readily available and accurate inventory of supplies on hand? What contracts, arrangement or agreements exist with vendors to continue delivery of goods and services during a disaster?

What alternative methods are in place for business activity, i.e., delivery of services or classes? List here:

Policies or plans should be developed to contact students, faculty, or staff to ascertain their safety and advise them about the current situation, and name of person responsible for doing so. List location of plans and contact information here.
Iv. Prioritization of Essential Functions

Consider that a serious emergency event or disaster has occurred and the decision has been made to close the campus to all but the most critical functions for an unknown period of time.

<Note: Refer to and include all functions and processes identified in Section III.>

1. These are the functions and processes we must continue to provide, regardless of the situation, and how we plan to continue them:

2. These are the functions and processes that could be delayed for up to one week and the resources we would need to maintain them:

3. These are the functions and processes that could be delayed for up to one month and the resources we would need to maintain them:

4. These are the functions and processes that could be delayed for longer than one month:
V. Scenarios and Questions

V. A) Influenza Pandemic

The following planning assumptions have been developed by the Department of Health and Human Services. More information is available on www.pandemicflu.gov.

- The clinical disease attack rate will likely be 30% or higher in the overall population during the pandemic. Illness rates will be highest among school-aged children (about 40%) and decline with age. Among working adults, an average of 20% will become ill during a community outbreak.
- If vaccines and antiviral medications are available, it will be made available first to health care providers and first responders.
- In a severe pandemic, absenteeism attributable to illness, the need to care for ill family members and fear of infection may reach 40% during the peak weeks of a community outbreak, with lower rates of absenteeism during the weeks before and after the peak.
- In an affected community, a pandemic outbreak will last about 6 to 8 weeks.
- If a severe pandemic were to occur, we should expect to suspend classes for 4-8 weeks.

1. Consider this Scenario (WHO/CDC Pandemic Alert Phase II):

Public Health officials have become aware of a virus in Southeast Asia that is spreading from human to human for which most people have no immunity and for which there is no vaccine. Experts are predicting that it is only a matter of time before the disease begins to spread throughout the U.S. Some media reports are characterizing this as an outbreak.

There are some concerns being expressed among staff and faculty about the recent events, with questions about how transmissible this virus is to humans.

Questions:
1. Is there an updated contact list (phone, email, cell, etc) for everyone?
2. Where is it kept?
3. Who is responsible for updating that list?
4. Is there a method for quickly contacting everyone with critical information?
5. Communications to employees, faculty or students are distributed via this method:

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2. **Consider this Scenario (WHO/CDC Pandemic Alert Phase IV):**

For the past week, there have been rumors and unconfirmed reports of small clusters of person to person spread of a virus in Southeast Asia. The WHO has intensively investigated and initially could not confirm this development, although the level of suspicion is high and increasing all the time. As the WHO was attempting to verify the reports, CNN comes out with a report that the Pandemic has arrived and is causing many deaths among residents and tourists in Southeast Asia. Finally, the WHO confirms that the virus has mutated and is transmissible among humans, but it is still unclear how virulent it is. International efforts are attempting to contain these known outbreaks so the full range can be ascertained, although experts don’t expect to be able to contain it for very long. Intensive surveillance in the U.S. has not found any evidence of this virus among the influenza-like illnesses that are normally present at low levels in the general population.

There are nervous questions from parents and staff about our plans to deal with an outbreak. The Tulare County Health and Human Services Agency is urging caution until facts are verified.

**Questions:**

1. Who tracks and records employee absences?

2. Is there a method for monitoring faculty/staff/students who are ill with flu-like symptoms, including contacting staff who are unexpectedly absent from work?

3. Does the Tulare County Office of Education have current attendance policies for faulty/staff/students?

4. Does staff, faculty, students have access to the latest information about disease transmission? (Check available resources) Does the Tulare County Office of Education provide basic disease transmission supplies (hand sanitizer, tissue, masks) at work?
3. **Consider this Scenario** (WHO/CDC Pandemic Alert Phase V):

Cases of influenza have been verified in the U.S., some of those cases in California. Some countries have closed their airspace to all inbound flights. There is a public health alert notice from the State Department of Health Services and the state’s Pandemic Flu Plan has been activated, which calls for immediate quarantine of known cases and all their contacts, and possibly stopping all traffic in and out of the affected areas in an attempt to contain the virus. School absenteeism rates (all levels) are extremely high. There is high absenteeism in all offices. Some stores have remained closed because of high employee absenteeism and the ones that are open are packed with consumers trying to purchase supplies. All business is disrupted, which includes normal deliveries of goods and services. Markets are being shopped out, long lines at open gas stations. Hospitals and health centers are quickly being overwhelmed with both the sick and the “worried well.” There is some discussion of activating the National Guard.

There haven’t been any confirmed cases of the virus in Tulare County. Students are being kept home by parents. Many classes are cancelled, as there is high absenteeism among faculty and staff. Reasons for absenteeism include personal and family illness, although it is suspected that many faculty and staff are choosing to stay home. Community medical offices are beginning to become overwhelmed with people who are ill or afraid they might become ill. Many faculty and staff are wearing gloves and masks and avoiding their colleagues. The Chancellor/Superintendent/Principal is considering a closure of the campus.

**Questions:**

1. Assume that today only 50% of your normal staff/faculty has reported to work or school, and it appears this may be the situation for the next several weeks until the full extent of this influenza outbreak is known.

   What are the critical functions and processes that must be maintained **TODAY** and the rest of **THIS** week?

   What level of staffing is required to maintain those processes and functions?

2. If the Superintendent ordered a closure of schools for one month in this situation – similar to a holiday shutdown or furlough – what projects or services that your group provides could be postponed?

3. What policies are in place for prolonged employee absences?

4. Are there any staff/faculty/students traveling? Do you know where they are and how to contact them?

5. Are alternative methods in place for business activity i.e., delivery of services or classes? If so, how would you implement them?
4. Consider this Scenario (*WHO/CDC Pandemic Alert Phase VI*):

The first Pandemic Flu cases were reported several months ago. While the virus isn’t spreading as fast as predicted, thousands of people have been taken ill. The death rate in the U.S. *among those who become ill* is about 10% -- higher among children, teenagers, older people and those with compromised immune systems. The death rate in less developed countries is being reported as much higher, but travel restrictions are making it difficult to ascertain the total situation. There are worldwide travel restrictions and screening. Most social activities (events, conferences, etc) and tourism have been cancelled or postponed, and heightened health care precautions are widely used (masks, gloves, etc). A vaccine has been identified and is being produced, but it is not expected to be generally available for several more weeks. Although the CDC is predicting another outbreak in the next few weeks, it is being suggested that the social and economic conditions will continue to improve slowly.

The Superintendent closed the campus for all but the most critical functions for two weeks, but it is now reopened on a restricted level. The District/Campus Emergency Operations Center was opened and is still open on a standby basis. Critical infrastructure functions and human/animal life safety issues are being managed. The academic calendar was adjusted. Some classes have resumed and some students have returned. Absenteeism is still high among faculty and staff, and those that remain are becoming overworked and fatigued. Reasons for absenteeism include personal illness, family illness, school closures and bereavement. There is a significant need for mental health services for faculty, staff and students. Supply lines are still unpredictable and most markets/stores are only open during limited hours.

**Questions:**

1. What are the critical issues to consider in recovering from this disaster?

2. What are some lessons learned from this event? What corrective actions can be made to this plan for future preparedness?
Public Health Instructions during a Pandemic Flu

Throughout a pandemic flu, people may be asked or required to do things to help hold back the spread of the disease in our community.

Here are some examples of what Tulare County Health and Human Services Agency may ask people to do:

**STAY HOME**
People who are sick should stay home. Children should not go to school if they are sick. Staying home will be absolutely necessary during a pandemic flu to limit the spread of the disease.

**AVOID LARGE GROUPS**
People – even those who are well – should stay away from gatherings of people such as sporting events, movies and festivals. During a pandemic flu these kinds of events could be cancelled because large gatherings of people help spread the flu virus.

Isolation and Quarantine are public health actions used to contain the spread of a contagious disease. If asked, it will be important to follow Isolation and/or Quarantine instructions.

**ISOLATION**
Isolation is for people who are already ill. When someone is isolated, they are separated from people who are healthy. Having the sick person isolated (separated from others) can help to slow or stop the spread of disease. People who are isolated can be cared for in their homes, in hospitals, or other healthcare facilities. Isolation is usually voluntary, but local, state and federal government have the power to require the isolation of sick people to protect the public.

**QUARANTINE**
Quarantine is for people who have been exposed to the disease but are not sick. When someone is placed in quarantine, they are also separated from others. Even though the person is not sick at the moment, they were exposed to the disease and may still become infectious and then spread the disease to others. Quarantine can help to slow or stop this from happening. States generally have the power to enforce quarantines within their borders.
School Response to Pandemic Flu

Flu Cases?

YES

Begin Heightened Surveillance Reporting

Local Outbreak

Health Officer ADA Support Letter/Epidemic Declaration

Are Students Ill?

10% or More

Begin Intensive Surveillance Reporting

Letter 3 to Parents (prevent/prepare)

Fewer than 10%

Letter 4 to Parents (stay home)

Press Release A

Increase in Ill Students?

More than 30%

Contact TC HHSA Public Health

30% or Less

Continue heightened surveillance

Health Officer Issues Schools Closed Declaration

YES

New Cases?

Parent Letter 5 (closed school)

Press Release B

YES

Resume Standard Surveillance Reporting

Pandemic may have three waves
FACT SHEET

Stopping Germs at Home, Work and School

How Germs Spread

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. This is called "droplet spread."

This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks.

How to Stop the Spread of Germs

In a nutshell: take care to

- Cover your mouth and nose
- Clean your hands often
- Remind your children to practice healthy habits, too

Cover your mouth and nose when coughing or sneezing

Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

The “Happy Birthday” song helps keep your hands clean?

Not exactly. Yet we recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. That’s about the same time it takes to sing the “Happy Birthday” song twice!

Alcohol-based hand wipes and gel sanitizers work too

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn’t need water to work; the alcohol in it kills the germs on your hands.*


Germs and Children

Remind children to practice healthy habits too, because germs spread, especially at school.
Stopping Germs at Home, Work and School  
(continued from previous page)

The flu has caused high rates of absenteeism among students and staff in our country’s 119,000 schools. Influenza is not the only respiratory infection of concern in schools -- nearly 22 million school days are lost each year to the common cold alone. However, when children practice healthy habits, they miss fewer days of school.

School administrators, teachers and staff: See Preventing the Spread of Influenza (the Flu) in Schools for CDC interim guidance.

More Facts, Figures, and How-Tos

CDC and its partner agencies and organizations offer a great deal of information about handwashing and other things you can do to stop the germs that cause flu, the common cold, and other illnesses. See Other Resources and Posters on this Stop the Spread of Germs site for a select listing of Web sites, materials, and contact information.

Stop the Spread of Germs in Schools
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. (Ansari, 1988; Scott and Bloomfield, 1989)
- 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.


For more information, visit www.cdc.gov/flu, or call the CDC Flu Information Line at (800) CDC-INFO.

February 1, 2004 Page 2 of 2
Pandemic Influenza:
CHARACTERISTICS & CHALLENGES

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new influenza virus emerges for which there is little or no immunity in the human population, begins to cause serious illness and then spreads easily person-to-person worldwide.

Historically, the 20th century saw three pandemics of influenza:
- 1918 influenza pandemic caused at least 500,000 U.S. deaths and up to 50 million deaths worldwide
- 1957 influenza pandemic caused at least 70,000 U.S. deaths and 1-2 million deaths worldwide
- 1968 influenza pandemic caused about 34,000 U.S. deaths and 700,000 deaths worldwide

Characteristics and Challenges in a Pandemic:

1. There Will Be Rapid Worldwide Spread
   - When a pandemic influenza virus emerges, its global spread is considered inevitable.
   - Preparedness activities should assume that the entire world population would be susceptible.
   - Countries might, through measures such as border closures and travel restrictions, delay arrival of the virus, but cannot stop it.

2. Health Care Systems Will Be Overloaded
   - Most people have little or no immunity to a pandemic virus. Infection and illness rates soar.
   - A substantial percentage of the world’s population will require some form of medical care.
   - Nations unlikely to have the staff, facilities, equipment and hospital beds needed to cope with large numbers of people who suddenly fall ill.
   - Death rates are high, largely determined by four factors: the number of people who become infected, the virulence of the virus, the underlying characteristics and vulnerability of affected populations and the effectiveness of preventive measures.
   - Past pandemics have spread globally in two and sometimes three waves.

3. Medical Supplies Will Be Inadequate
   - The need for vaccine is likely to outstrip supply.
   - The need for antiviral drugs is also likely to be inadequate early in a pandemic.
   - A pandemic can create a shortage of hospital beds, ventilators and other supplies. Surge capacity at non-traditional sites such as schools may be created to cope with demand
   - Difficult decisions will need to be made regarding who gets antiviral drugs and vaccines.

4. There Will Be Economic and Social Disruption
   - Travel bans, closings of schools and businesses and cancellations of events could have major impact on communities and citizens.
   - Care for sick family members and fear of exposure can result in significant worker absenteeism.

www.pandemicflu.gov
Sample
Health Officer ADA Support Letter to Schools/Epidemic Declaration

To School Officials:

Because of the pandemic flu epidemic in our community, your school(s) is experiencing a “material decrease” in attendance and is eligible to apply for waivers to recoup average daily attendance (ADA) loss.

According to Education Code Section 46392 [a][4] and 46392, schools experiencing a “material decrease” in attendance—at least 10% of the students who would normally attend a school do not attend on any one day—may file for reimbursement for ADA funds due to disease epidemic. The California Department of Education requires the Local Health Officer to verify the cause of increased absenteeism is due to a disease outbreak.

This letter serves as verification that the Public Health Officer has declared a pandemic flu epidemic in Tulare County. During the period from (enter DATE) through (DATE), cases of pandemic flu were significantly above baseline levels in Tulare County. For the purposes of Education Code, this constitutes a pandemic flu epidemic that likely resulted in a material decrease in school attendance during this period of time.

If you have any questions regarding this letter, call Tulare County Health and Human Services Agency Communicable Disease Program at (559) 687-6965.

Sincerely,

[Name], MD
Public Health Officer
Tulare County Health and Human Services Agency
This is a sample memo that you can send to the staff members within your agency during the planning phase. This memo outlines current efforts that are underway in preparing for a possible pandemic outbreak.

To: All Employees

From:

Date:

Subject: PANDEMIC INFLUENZA

At some point health experts believe that there will be a virus for which most people have no immunity, spreads easily among humans, and for which there is no vaccine. When that happens and people begin to get sick from the virus, we will have a pandemic flu. This would cause a worldwide flu outbreak, called a pandemic. There is a great deal of planning for this pandemic underway at the federal, state and local level.

While our hope is that a pandemic will not occur, I want you to be aware that Tulare County Office of Education is taking a pro-active approach in addressing pandemic influenza issues for schools. This includes the development of a written Pandemic Influenza Action Plan. We are working closely with local and state health officials to share the most up to date information as it becomes available. We will provide various training opportunities for employees. We are coordinating our efforts with other agencies involved in pandemic influenza planning and we will continue to monitor the situation so that we are able to efficiently respond to any changes. I will provide you with periodic updates. Should you have any questions or concerns, please do not hesitate to contact me.
To School Officials:

The health department is ordering all schools to close immediately due to the pandemic flu epidemic in our community. If you have any questions regarding this declaration, please call Tulare County Health and Human Services Agency Communicable Disease Program at 559-687-6965.

Because the virus is spread easily from person to person, it is no longer safe for children to attend class. Colleges, day care centers and preschools also have been ordered to close.

Please inform your students’ parents and guardians immediately that school facilities will be closed to all activities, including sport and non-academic events, and may remain closed for an extended period of time (for example, up to 6 weeks).

The purpose of closing schools is to decrease contact among children to decrease their risk of getting sick and to limit the spread of infection.

The health department will keep school officials updated as the situation changes. A press release is being issued to inform the public of this declaration.

, MD
Public Health Officer
Tulare County Health and Human Services Agency
Sample
Policy Draft for
Pandemic Illness Response in Schools

In the event of a pandemic illness/flu, schools should be prepared to respond appropriately in managing the school population.

**Pandemic flu is a global outbreak of disease that occurs when three conditions are met:**
- A new influenza type A virus appears or “emerges” in the human population for which this is no human immunity.
- It causes serious human illness.
- It spreads easily from person to person worldwide.

**In developing policy and procedures, priority will be given to:**
- Maintaining safety and control
- Reducing the possibility of transmission (control the spread of disease)
- Increasing the efficiency of staff with specialty training
- Controlling and utilizing essential resources
- Protecting students and staff from becoming infected

All information and direction, including social distancing and school closures for extended periods of time pertaining to a pandemic illness, is determined by the County Public Health Officer. The County Public Health Officer will give directives to the schools via the lead school nurse according to the Tulare County Public Health Emergency Operation Plan. The school nurse will communicate the directives received to the State Administrator/School Superintendent. Communication between the County Public Health Officer and the school nurse will be maintained. (Health & Safety Code 120175)

Early preventive education should be provided to staff, parents, and students as deemed necessary by the County Public Health Officer.

Public employees may be designated or assigned specific responsibilities in the event of pandemic emergency response. (Government Codes 3100, 3101)

Schools may be closed and transitioned to use for management and/or treatment of a pandemic illness under the direction of the County Public Health Officer. (Health & Safety Codes 120125, 120135)

**Schools may be utilized:**
- To support the ill
- As vaccine clinics
- Other as deemed necessary

**Continuity of student learning:**
Schools may consider alternative approaches to meet the academic needs of the students. The County Public Health Officer will determine when pandemic illness is no longer a risk to public health and will disseminate procedures to resume school function.
Sample
Administrative Regulations

General Precaution/Safety Guidelines:

1. Students and staff should follow their physician recommendation(s) regarding the yearly seasonal flu vaccine.
2. Staff may complete the Preparedness Staff Experience Questionnaire Form.
3. School staff should be notified that in the event of a pandemic illness:
   - Day to day school operations will be modified or discontinued.
   - They may be required to remain on campus until released by administration.
   - The superintendent or designee will assign responsibilities or functions to school staff.
4. Food service should measure resources and identify steps needed for preparedness to assure extended service to students and staff.
5. Transportation should measure resources and identify steps needed for preparedness.
6. Facilities/ Maintenance should measure resources and identify steps needed for preparedness.
7. Identify and store Personal Protective Equipment (PPE) such as soap, waterless hand cleansers, gloves, and masks.
8. Develop plans assuming up to 40% of staff will not be able to come to work during any 10 day period of time.

Early prevention education should be provided to staff, parents, and students as deemed necessary by the County Public Health Officer. This information may include:

1. Protocols/guidelines to take in the event a dead bird is found.
2. Suggested emergency action plans including information regarding food, water, and medication storage. This may also include directives to follow in the event that public places and/or schools are closed.
3. Signs/symptoms of pandemic illness, which indicate when students and staff must remain at home.
4. Protocols for the school nurse(s) to follow in their district(s) for assessing students and/or school staff with signs/symptoms of a pandemic illness. The health officer will give guidelines for isolation and/or quarantine. (School protocols should also include identification of a separate isolation room or isolation area).
5. Clinic information regarding pandemic illness vaccine as it becomes available.

Communication:

1. Increased absenteeism among students and staff should be reported to Public Health.
2. A plan for district wide communication should be in place.
3. Identify, establish, and coordinate effective communication (including alternative modes of communication) between district office and school, and with Public Health and the County Emergency Operations Center.
4. Assure capacity for emergency notification of all parents, at home, work, and alternate contacts.

The County Public Health Officer will determine when pandemic flu is no longer a public health threat. Schools will follow public health procedures to resume school function. Clearance to enter school sites and resume function will be directed by the County Public Health Officer.
Sample
Disaster Preparedness
Staff Experience Questionnaire

The following information will help us with disaster preparedness planning. Please complete and return to ______ by ______

Name ___________________________________________ Phone Number _________________________________

Duty Day Hours at School ____________________________________________

Address _____________________________________________________________

Street __________________________ City ___________________________ Zip Code ________________

Doctor __________________________ Insurance _________________________ Phone Number ________________

EMPLOYEE MEDICAL PROBLEMS

Blood Type ___________ Medications Being Taken ____________________________________________

Allergies __________________________ Drug Allergies __________________________

Physical Limitations __________________________ Glasses or Contacts __________________________

Emergency Contact – at least one local __________________________________________

Name ______ Phone ______

Emergency Contact – at least one Out of State __________________________________________

Name ______ Phone ______

STAFF RELEASE INFORMATION

Approximate Distance you live from the office (Circle one) 0-5 miles

6-15 miles

Over 15 miles

Child/Children’s Name/s __________________________________________

Name __________________________ Age ______ School __________

__________________________

Name __________________________ Age ______ School __________

__________________________

Name __________________________ Age ______ School __________

Do you care for elderly or handicapped relatives? __________________________

Special family medical problems that should be considered __________________________

Spouse’s Name __________________________________________

Work Location __________________________ Work Number __________________________

Please complete reverse side and sign.
INDICATE TRAINING/EXPERIENCE RELATED TO HANDLING AN EMERGENCY

First Aid Emergency Care i.e. CPR/First Aid, EMT, Nurse
Disaster training or search and rescue

Communications experience i.e. Radio Operator, CB/Ham Radio, Cellular phone or CB in Auto

Foreign Language (Which Language _____________) Sign Language

Construction, carpentry, plumbing, electrical
Heavy or light machinery

Structural or damage assessment
Fire control or hazmat experience

ADDITIONAL EXPERIENCE RELATING TO HANDLING AN EMERGENCY

Please describe: ________________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

California Drivers License____________________________________________________

Employee’s Signature ______________________________________________________
Surveillance and Reporting

During all stages of a pandemic flu outbreak, it will be essential to monitor and document the number of students and faculty who are absent and meet the definition of influenza-like illness. Keeping track of these numbers will help health officials determine when and whether to close schools, whether the epidemic is increasing in scope and whether to declare an epidemic, making schools eligible to apply for reimbursement of ADA funds during increased absenteeism.

Schools are provided with the following information to monitor the illness rate and potential epidemic:

- Basic surveillance instructions and definitions of surveillance levels
- Case definition to assist in determining whether the ill student and/or faculty is suffering from an influenza-like illness
- Reporting form(s) to submit to the Tulare County Health and Human Services Agency Public Health Division
- Sample Attendance Log to document flu-related absences to document need to apply for an Average Daily Attendance Waiver
Definition of Surveillance Levels

**Standard Surveillance**

No flu activity reported in the community (flu season)
- Monitor daily attendance for increased reports of absence due to flu-like illness
- Do not report absences to the Health Department unless greater than 10%

**Heightened Surveillance**

Flu activity reported in the community (less than 10% school absenteeism due to flu-like illness)
- Monitor daily attendance for flu-like illness/absences
- Begin morning ‘flu check’ first hour of school – screen those who report positive for symptoms
- Log absences due to flu-like illness
- Send weekly absence report (via fax) to Health Department

**Intensive Surveillance**

High number of flu illness reported in the community (10% or greater school absenteeism due to flu-like illness)
- Monitor daily attendance and log absences on log sheet
- Continue morning ‘flu check’
- Send daily absence report (via fax) to Health Department
- Begin preparation for potential school closure
Influenza Case Definition

The Centers for Disease Control and Prevention defines an influenza-like illness as having the following symptoms:

**Fever of 101.5º degrees Fahrenheit or higher, AND ONE OF THE FOLLOWING**

- Cough
- Sore throat
- Headache
- Muscle ache

A student with flu-like symptoms must be sent to the office for screening (symptom check and/or taking temperature). If student meets the case definition as described above, he/she must be excluded from school until symptom free. Enter name of student on tracking log and report on the daily/weekly report form.
Weekly Pandemic Flu Census

Once pandemic flu has been confirmed as present in Tulare County, use this form to report weekly to Tulare County Health Services Public Health Division’s Communicable Disease Programs unit about the number of students absent with flu-like illness. (Matches the definition: fever of 101.5º degrees Fahrenheit or higher and one of the following: cough, sore throat, headache, muscle ache)

Week

Name of School __________________________________________ Ending __________________

Elementary _____ Middle High _____ School _____

City __________________________ School District __________________________

Reporting Individual __________________________ Phone __________________

Students

Number of students absent with flu-like illness this week

Total number of students enrolled in your school

ADA for the week

Staff/Faculty

Number of staff/faculty absent with flu-like illness this week

Total number of staff/faculty employed in your school

Assistance Needed/Comments:

FAX this form each Friday during the period of Heightened Surveillance to 559-685-4835

If you have questions regarding this form or disease reporting please call 559-685-4847
Daily Pandemic Flu Census

Once pandemic flu has been confirmed as present in Tulare County, use this form to report daily to Tulare County Health and Human Services Agency Public Health Division’s Communicable Disease Programs unit about the number of students absent with flu-like illness. (Matches the definition: fever of 101.5° degrees Fahrenheit or higher and one of the following: cough, sore throat, headache, muscle ache)

Name of School ____________________________ Today’s Date __________

Elementary _______ Middle High ______ School ______

City ____________________________ School District ____________________________

Reporting Individual ____________________________ Phone ____________________________

Students

Number of students absent with flu-like illness this week __________

Total number of students enrolled in your school __________

ADA for the week __________

Staff/Faculty

Number of staff/faculty absent with flu-like illness today __________

Total number of staff/faculty employed in your school __________

Assistance Needed/Comments:

FAX this form daily day during the period of Intensive Surveillance to 559-685-4835
If you have questions regarding this form or disease reporting please call 559-685-4847
Example
Daily Pandemic Flu Census Log

School ______________________________ Date ___________________

Once pandemic flu has been confirmed as present in Tulare County, use this form (or an equivalent) to log student absences.

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Illness is Influenza?</th>
<th>Absent?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

**TOTALS**
Sample
Parent Prevention Letter #1

Use this letter to help prepare parents for pandemic flu – before there are pandemic flu cases in the U.S.

Dear Parents,

This letter will help your family prepare for a flu pandemic that could make many people sick. It is important to know that at this time, there is no pandemic flu of any kind in the United States. Public health officials are worried a virus may change so that it can infect people and spread easily from person to person. This would cause a worldwide flu outbreak, called a pandemic. Public health officials want people to protect themselves against pandemic flu.

Here are some ways to protect your family:

- Keep children who are sick at home. Don’t send them to school.
- Teach your children to wash hands a lot with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least three feet away from people who are sick.
- People who are sick should stay home from work or school and avoid other people until they are better.

Enclosed with this letter is a checklist to help families get ready for a pandemic flu outbreak. This information can also help your family get ready for any kind of emergency.

If you have questions, please contact your School Nurse or healthcare provider. You can call the school hotline (INSERT NUMBER).

You can get more information from Tulare Health and Human Services: Visit online at http://tchhsa.org or call the Health Emergency Information Line: 1-559-685-4847.

The federal government website with information on planning for individuals and families: http://www.pandemicflu.gov

American Red Cross: http://www.redcross.org
Sample
Parent Prevention Letter #1 (Spanish)
Use this letter to help prepare parents for pandemic flu – before there are human pandemic flu cases in the U.S.

Estimados Padres,

Esta carta le ayudará a su familia a prepararse para la gripe pandémica que podría enfermar a muchas personas. Es importante saber que ahorita, no hay gripe pandémica de ninguna clase en los Estados Unidos. Oficiales de la Salud Pública están preocupados de que un virus de la gripe se cambie y así pueda infectar a las personas y pasarse fácilmente de persona a persona. Esto causaría un brote mundial llamado pandémica. Oficiales de Salud Pública quieren que las personas se protejan de la gripe pandémica.

Estas son unas formas de cómo proteger a su familia:

- Mantenga en casa a los niños enfermos en. No los mande a la escuela.

- Enséñele a sus hijos a lavarse las manos frecuentemente con agua y jabón por un mínimo de 20 segundos. Asegúrese de dar un buen ejemplo haciendo usted lo mismo.

- Enséñele a sus hijos a taparse la boca cuando tosen o estornuden o que tosen dentro del codo. Asegúrese de dar un buen ejemplo haciendo usted lo mismo.

- Enséñele a sus hijos a que se mantengan por lo menos tres pies de distancia de personas que estén enfermos.

- Personas que están enfermas no deben ir al trabajo o a la escuela y deben evitar otras personas hasta que se mejoren.

Incluido con esta carta hay una lista para ayudarle a las familias a prepararse para un brote de gripe pandémica. Esta información también le puede ayudar a su familia a prepararse para cualquier tipo de emergencia.

Si tiene preguntas, favor de contactar a su Enfermera de Escuela o proveedor de cuidado de salud. Puede llamar a la línea telefónica de la escuela al (INSERT NUMBER)


El sitio Red del gobierno federal tiene información sobre planificación para personas y familias: http://www.pandemicflu.gov

Cruz Roja Americana: http://www.cruzrojaamericana
Sample
Parent Letter #2 First Pandemic Flu Case
Use this letter to help prepare parents for pandemic flu after cases are found in the U. S.

Dear Parents,

Health officials are worried that a virus may change so that people can get sick from it. If that happened it could spread from person to person. This would cause a worldwide flu outbreak, called a pandemic.

So even though there is no flu pandemic now, we want to remind you about some ways to protect your family from getting sick:

- Keep children who are sick at home. Don’t send them to school.
- Teach your children to wash hands a lot with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least three feet away from people who are sick.
- People who are sick should stay home from work or school and avoid other people until they are better.

Enclosed with this letter is a checklist to help families get ready for a pandemic flu outbreak. This information can also help your family get ready for any kind of emergency.

If you have questions, please contact your School Nurse or healthcare provider. You can call the school hotline (INSERT NUMBER)

You can get more information from Tulare County Health Services: Visit online at http://tchhsa.org or call the Health Emergency Information Line: 1-559-685-4847.

The federal government website with information on planning for individuals and families: http://www.pandemicflu.gov

American Red Cross: http://www.redcross.org
Estimados Padres,

Los oficiales de salud están preocupados que el virus de la gripe se pueda mutar y así enfermar a las personas. Si eso sucediera el virus podría esparcirse de persona a persona. Esto causaría un brote mundial de gripe, llamada una pandémica.

Así que, aunque no hay una pandémica de gripe ahora, nosotros queremos recordarles acerca de algunas maneras de proteger a su familia de la enfermedad:

- Mantenga en casa a los niños enfermos en. No los mande a la escuela.

- Enséñele a sus hijos a lavarse las manos frecuentemente con agua y jabón por un mínimo de 20 segundos. Asegúrese de dar un buen ejemplo haciendo usted lo mismo.

- Enséñele a sus hijos a taparse la boca cuando tosen o estornuden o que tosen dentro del codo. Asegúrese de dar un buen ejemplo haciendo usted lo mismo.

- Enséñele a sus hijos a que se mantengan por lo menos tres pies de distancia de personas que estén enfermos.

- Personas que están enfermas no deben ir al trabajo o a la escuela y deben evitar otras personas hasta que se mejoren.

Incluido con esta carta hay una lista para ayudarle a las familias a prepararse para un brote de gripe pandémica. Esta información también le puede ayudar a su familia a prepararse para cualquier tipo de emergencia.

Si usted tiene preguntas, favor de contactar a su Enfermera de la Escuela o a su proveedor de asistencia medica. Usted puede llamar a la línea telefónica de la escuela (INSERTSCHOOL NUMBER)

Sample
Parent Letter Initial Pandemic Flu Outbreak #3
Use this letter to let parents know schools are open

Dear Parents,

This letter will give you information about a flu outbreak in Tulare County. Every year, some people get sick with the flu during the fall and winter months. This year, there is a new flu virus that is making many people in Tulare County sick. So many people are sick in Tulare County and the United States that health officials call it a “pandemic flu.”

A lot of students and teachers in our school are sick with the flu. We hope they will all get better quickly. At this time, the county health department tells us that students who are not ill can safely come to school. The schools will remain open. We will keep you updated with any important information. To keep the flu from spreading to more people, we ask you to keep sick children home. Any children who are sick in school will be sent home. Public health officials want you to protect yourself and your family against pandemic flu.

Here are some ways to stop the spread of germs and sickness:

- Keep children who are sick at home. Don’t send them to school.

- Teach your children to wash hands a lot with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.

- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.

- Teach your children to stay away at least three feet away from people who are sick.

- People who are sick should stay home from work or school and stay away from other people until they are better.

- Stay away from shopping malls, movie theaters or other places where there are large groups of people.

We are also giving you some tips about how to care for your family if they are ill.

If you have questions, please contact your School Nurse or healthcare provider. You can call the school hotline (INSERT NUMBER). You can get more information from Tulare County Health Services: Visit online at http://tchhsa.org or call the Health Emergency Information Line: 1-559-685-4847.

If the pandemic flu continues to spread and more students become ill, schools may close for days or weeks. The purpose of closing schools will be to keep children from getting sick. If schools are closed, children should stay at home. Begin planning now for childcare in your home. Recommendations may change during the course of a pandemic flu outbreak.
Estimados Padres,

Esta carta le dará información acerca de un brote de gripe en el Condado del Tulare. Todos los años, algunas personas se enferman con la gripe durante los meses de otoño y invierno. Este año, hay un nuevo virus de gripe que está enfermando a muchas personas en el Condado del Tulare. Tantas personas están enfermas en el Condado del Tulare y en los Estados Unidos que oficiales de salud lo están llamando una “gripe pandémica”. Muchos de los estudiantes y maestros de nuestra escuela están enfermos con la gripe. Esperamos que todos se mejoren rápidamente.

En este momento, el departamento de salud del condado nos dice que estudiantes que no están enfermos pueden continuar yendo a la escuela sin peligro. Las escuelas se quedarán abiertas. Nosotros le mantendremos al día con información importante.

Para prevenir que la gripe se pase a más personas, nosotros le pedimos que mantenga a niños enfermos en casa. Cualquier niño que llegue enfermo a la escuela será enviado a casa. Los oficiales de salud quieren que usted se proteja y proteja a su familia contra gripe pandémica.

Aquí están algunas maneras de parar la transmisión de microbios y enfermedad:

- Mantenga en casa los niños enfermos. No los mande a la escuela.
- Enséñele a sus hijos a lavarse las manos frecuentemente con agua y jabón por un mínimo de 20 segundos. Asegúrese de dar un buen ejemplo haciendo usted lo mismo.
- Enséñele a sus hijos a taparse la boca cuando tosen o estornuden o que tosen dentro del codo. Asegúrese de dar un buen ejemplo haciendo usted lo mismo.
- Enséñele a sus hijos a que se mantengan por lo menos tres pies de distancia de personas que estén enfermos.
- Personas que están enfermas no deben ir al trabajo o a la escuela y deben evitar otras personas hasta que se mejoren.
- No vaya a los centros comerciales, cines u otros lugares donde hay gran cantidad de gente.

También le estamos dando algunos consejos acerca de cómo cuidar a su familia si están enfermos.

Si usted tiene preguntas, favor de contactar a su Enfermera de la Escuela o a su proveedor de asistencia medica. Usted puede llamar a la línea telefónica de la escuela (INSERT SCHOOLNUMBER)
Sample
Parent Letter #4 Expanded Outbreak
Use this letter to let parents know schools are open
and urge ill children to stay home

Dear Parents,

We wrote to you recently to tell you about a pandemic flu outbreak in our community. Here is some new information. There are now even more students in our school who are ill with this flu virus. Still the county health department tells us that students who are not ill can continue to attend school. The schools will remain open. We will keep you updated with any important information. To keep the flu from spreading to more people, we ask you to keep sick children home. Any children who are sick in school will be sent home. Public health officials want you to protect yourself and your family against pandemic flu.

Here are some ways to stop the spread of germs and sickness and take care of your family:

- Keep children who are sick at home. Don’t send them to school.
- If some of the people in your home are sick with the flu, keep them away from the people who are not sick.
- If some of the people in your home are sick with the flu and you cannot see a health provider, some things you can do to help them are:
  - Have them drink a lot of liquid (juice, water)
  - Keep the ill person as comfortable as possible. Rest is important.
  - For fever, sore throat and muscle aches, in adults, use ibuprofen (Motrin) or acetaminophen (Tylenol). Do not use aspirin with children or teenagers; it can cause Reye’s syndrome, a life-threatening illness.
  - Keep tissues and a trash bag within reach of the sick person.
  - Be sure everyone in your home washes their hands frequently.
  - Contact a healthcare provider for further advice. If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.

Call the school hotline (INSERT NUMBER) or visit Tulare County online at http://tchhsa.org or call the Health Emergency Information Line: 1-559-685-4947.

If the pandemic flu continues to spread and more students become ill, schools may close for days or weeks. The purpose of closing schools will be to keep children from getting sick. If schools are closed, children should stay at home. Begin planning now for childcare in your home.
Sample
Parent Letter #4 Expanded Outbreak (Spanish)
Use this letter to let parents know schools are open and urge ill children to stay home.

Estimados Padres,

Recientemente le escribimos acerca de un brote de gripe pandémica en nuestra comunidad. Aquí le mandamos información nueva. Ahora hay aún más estudiantes en nuestra escuela que están enfermos con este virus de gripe. El departamento de salud del condado todavía nos dice que los estudiantes que no están enfermos pueden continuar asistiendo a la escuela. Las escuelas se quedarán abiertas. Nosotros le mantendremos al día con información importante. Para prevenir que la gripe se transmita a más personas, nosotros le pedimos que mantenga a los niños enfermos en casa. Cualquier niño que llegue enfermo a la escuela será enviado a casa. Los oficiales de salud quieren que usted se proteja y proteja a su familia contra gripe pandémica.

Aquí están algunas maneras de parar la transmisión de microbios y enfermedad:
- Mantenga en casa a los niños enfermos. No los mande a la escuela.
- Si algunas de las personas en su hogar están enfermas con la gripe, manténgalo lejos de las personas que no están enfermas.
- Si algunas de las personas en su hogar están enfermas con la gripe y no pueden ver a un proveedor de cuidado de salud, algunas cosas que usted puede hacer para ayudar son:
  o Que beban mucho líquido (jugo, agua)
  o Mantenga al enfermo lo más cómodo posible. El descanso es importante.
  o Para la fiebre, dolor de garganta y de músculo en adultos, utilice ibuprofen (Motrin) o el acetaminophen (Tylenol). No utilice aspirina con niños ni adolescentes; puede causar síndrome de Reye, una enfermedad que amenaza la vida.
  o Mantenga pañuelos desechables y una bolsa de basura al alcance del enfermo.
  o Asegúrese que todos en su hogar se laven las manos con frecuencia.
  o Contacte a un proveedor de asistencia médica para obtener más información. Si la persona enferma tiene dificultad en respirar o sé esta poniendo peor, contacte a su proveedor de cuidado de salud inmediatamente.

Si usted tiene preguntas, favor de contactar a su Enfermera de la Escuela o a su proveedor de asistencia medica. Usted puede llamar a la línea telefónica de la escuela (INSERT SCHOOLNUMBER)


Si la gripe pandémica continúa diseminándose y más estudiantes se llegan a enfermar, pueda ser que las escuelas cierren por días o semanas. El propósito de cerrar las escuelas será para prevenir que los niños se enfermen. Si las escuelas se cierran, los niños deben permanecer en casa. Empiece a prepararse ahora para tener cuidado de niños en su hogar.
Dear Parents,

Tulare County health officials have ordered all schools in Tulare to close. This order is because of the pandemic flu situation in Tulare County. All schools are immediately closed until further notice and children should stay home.

Schools may be closed for days or even weeks to reduce contact among children and stop the spread of the flu.

We know that many students and their families are very sick. We know this is a hard time for our community and our hearts go out to those who are ill.

Because the flu is easily spread from person to person, it is not safe for large groups of people to gather. During this time, both children and adults should stay away from other people and groups as much as possible. They should not gather in other locations such as shopping malls, movie theaters or community centers.

We know that it may be hard to get a doctor’s appointment, go to a clinic or even be seen in a hospital emergency room. Here are some tips for helping those who are sick with the flu:

- Have them drink a lot of liquid (juice, water)
- Keep the sick person as comfortable as possible. Rest is important.
- For fever, sore throat and muscle aches, use ibuprofen (Motrin) or acetaminophen (Tylenol). Do not use aspirin with children or teenagers; it can cause Reye’s syndrome, a life-threatening illness.
- Keep tissues and a trash bag within reach of the sick person.
- Be sure everyone in your home washes their hands frequently.
- Keep the people who are sick with the flu away from the people who are not sick.

For more information, call your healthcare provider or visit Tulare County Health Services’ website: www.tchhsa.org or call the Health Emergency Information Line: 1-559-685-4847.

We will contact you as soon as we have information about when school will reopen.
Estimados Padres,

Oficiales del Condado de Tulare han ordenado que todas las escuelas de Condado de Tulare se cierren. Esta orden fue dada a causa de la gripe pandémica que hay en el Condado de Tulare. Todas las escuelas se cierran inmediatamente hasta que haya otra orden y los niños deben de quedarse en casa.

Pueda ser que las escuelas permanezcan cerradas por días y aún semanas para reducir el contacto entre niños y así parar la transmisión de la gripe.

Sabemos que muchos estudiantes y sus familias están muy enfermos. Sabemos que nuestra comunidad está pasando por un tiempo muy difícil y nuestros pensamientos están con ellos.

Siendo que la gripe se pasa fácilmente de persona a persona así que no es peligroso que se reúnan grupos grandes. Durante este tiempo, los adultos y los niños deben de mantenerse lejos de otras personas y de los grupos lo más tiempo posible. No deben reunirse en otras ubicaciones tales como los centros comerciales, los cines ni los centros sociales.

Sabemos que pueda ser difícil obtener una cita con el doctor, ir a una clínica o aun ser visto en la sala de emergencia del hospital. Aquí hay algunos consejos para ayudar a las personas que están enfermos con la gripe:

- Que beban mucho líquido (jugo, agua)
- Mantenga al enfermo lo más cómodo posible. El descanso es importante.
- Para la fiebre, dolores de garganta y de músculo, utilice ibuprofen (Motrin) o acetamenophen (Tylenol). No utilice aspirina con niños ni adolescentes; puede causar síndrome de Reye, una enfermedad que amenaza la vida.
- Mantenga pañuelos desechables y un basurero al alcance del enfermo.
- Asegúrese que todos en su hogar se laven las manos con frecuencia
- Mantenga a las personas enfermas con gripe lejos de las personas que no están enfermas.


Nosotros le avisaremos en cuanto tengamos información acerca de cuando las escuelas volverán a abrir.
Dear Parents,

Tulare County health officials have declared the pandemic flu is under control. Our school will open again on _________________. At this time, students may safely return to class.

Even though school is opening, there are still some people who are sick from the flu virus. And health officials say that pandemic flu outbreaks sometimes happen in waves. This means more people could become sick soon again. If more people get sick, schools may need to close again. We will continue to give you any important information.

Because the flu can still be spread from person to person, please keep children who are sick at home. Don’t send them to school.

We are looking forward to seeing your children again.
Estimados Padres: Los oficiales de Salud del Condado del Tulare han declarado que la gripe pandémica está bajo control. Nuestra escuela abrirá el __________. En este momento, los estudiantes pueden volver a clase sin peligro.

Aunque la escuela esta abierta, todavía hay algunas personas que están enfermas con el virus de gripe. Y oficiales de salud dicen que a veces brotes de gripe pandémica vuelven a suceder. Esto significa que más personas podrían enfermarse rápidamente otra vez. Si más personas se enferman, es posible que las escuelas se cierren otra vez. Continuaremos dándole información importante.

La gripe todavía se transmite de persona a persona así que, por favor mantenga a los niños enfermos en casa. No los mande a la escuela. Esperemos ver a sus niños pronto.
Tips for Parents on Coping with Pandemic Flu

Plan for an extended stay at home during a flu pandemic.

- Ask your employer about how business will continue during a pandemic.
- Ask your employer if you can work from home during a flu pandemic.
- Plan for a possible reduction or loss of income, if you are unable to work or your place of employment is closed.
- Check with your employer or union about leave policies.
- Plan home learning activities and exercises. Have materials, such as books, on hand.
- Plan recreational activities that your children can do at home.

Items to have on hand for an extended stay at home:

<table>
<thead>
<tr>
<th>Examples: Non-perishable foods</th>
<th>Health and emergency supplies</th>
</tr>
</thead>
<tbody>
<tr>
<td>~Ready to eat canned meats,</td>
<td>~Prescribed medical supplies such as</td>
</tr>
<tr>
<td>fruits, vegetables, soups</td>
<td>glucose and blood pressure monitoring</td>
</tr>
<tr>
<td>~Protein or fruit bars</td>
<td>~Soap and water or alcohol based hand wash</td>
</tr>
<tr>
<td>~Dry cereal or granola</td>
<td>~Medicines for fever, such as acetaminophen</td>
</tr>
<tr>
<td>~Peanut butter and jelly</td>
<td>(Tylenol) or ibuprofen (Motrin)</td>
</tr>
<tr>
<td>~Dried fruit, nuts, trail mix</td>
<td>~Thermometer</td>
</tr>
<tr>
<td>~Crackers</td>
<td>~Vitamins</td>
</tr>
<tr>
<td>~Canned juices</td>
<td>~Fluids with electrolytes, such as Pedialyte®</td>
</tr>
<tr>
<td>~Bottled water</td>
<td>~Flashlight with extra batteries</td>
</tr>
<tr>
<td>~Canned or jarred baby food</td>
<td>~Portable radio with extra batteries</td>
</tr>
<tr>
<td>~Baby formula</td>
<td>~Manual can opener</td>
</tr>
<tr>
<td>~Pet food</td>
<td>~Garbage bags</td>
</tr>
<tr>
<td></td>
<td>~Tissues, toilet paper, disposable diapers</td>
</tr>
</tbody>
</table>

If someone in your home develops flu symptoms (fever, cough, muscle aches):

- Encourage plenty of fluids to drink.
- Keep the ill person as comfortable as possible. Rest is important.
- For adults with fever, sore throat and muscle aches, use ibuprofen (Motrin) or acetaminophen (Tylenol).
- Do not use aspirin in children or teenagers; it can cause Reye’s syndrome, a life-threatening illness.
- Sponging with tepid (wrist-temperature) water lowers fever only during the period of sponging. Do not sponge with alcohol.
- Keep tissues and a trash bag for their disposal within reach of the patient.
- All members of the household should wash their hands frequently.
- Keep other family members and visitors away from the person who is ill.
- Contact a healthcare provider for further advice. If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.

For more information, call your healthcare provider or visit Tulare County Health Services’ website: www.tchhsa.org or call the Health Emergency Information Line: 1-559-687-6965 or visit the federal governments pandemic flu website: http://www.pandemicflu.gov
Reactions to Stress

During the next few days, you may at some time experience one or more of these normal reactions to stress. The key to managing stress is to recognize these common symptoms:

<table>
<thead>
<tr>
<th>Physical Reactions</th>
<th>Cognitive Reactions</th>
<th>Emotional Reactions</th>
<th>Behavioral Reactions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatigue/exhaustion</td>
<td>Lack of concentration</td>
<td>Fear</td>
<td>Change in activity</td>
</tr>
<tr>
<td>Insomnia</td>
<td>Flashbacks</td>
<td>Guilt</td>
<td>Change in communication</td>
</tr>
<tr>
<td>Sleep disturbances</td>
<td>Difficulty with decisions</td>
<td>Emotional numbing</td>
<td>Withdrawal</td>
</tr>
<tr>
<td>Over/Under activity</td>
<td>Memory disturbance</td>
<td>Over sensitivity</td>
<td>Suspiciousness</td>
</tr>
<tr>
<td>Nightmares</td>
<td>Amnesia</td>
<td>Anxiety</td>
<td>Hyperalertness</td>
</tr>
<tr>
<td>Change in appetite</td>
<td>Confusion</td>
<td>Depression</td>
<td>Startle reflex</td>
</tr>
<tr>
<td>Digestive problems</td>
<td>Poor problem solving</td>
<td>Feeling helpless</td>
<td>Change in sexual behavior</td>
</tr>
<tr>
<td>Physical problems</td>
<td>Disturbed thinking</td>
<td>Anger</td>
<td>Emotional outbursts</td>
</tr>
<tr>
<td>Headaches</td>
<td>Poor abstract thinking</td>
<td>Irritability</td>
<td>Scapegoating</td>
</tr>
<tr>
<td>Nausea</td>
<td>Change in alertness</td>
<td>Frustration</td>
<td>Pacing</td>
</tr>
</tbody>
</table>

Remember that these reactions to stress are normal. In order to combat these identified symptoms here are some things to try that are known to lessen or alleviate stress:

**Things to try:**

- Within the first 24 - 48 hours, periods of strenuous physical exercise alternated with relaxation will alleviate some of your physical reactions.
- Structure your time - keep busy.
- You're normal and having normal reactions - don't label yourself as crazy.
- Talk to people - talk is the most healing medicine.
- Beware of numbing the pain with drugs or alcohol. You don't need to complicate this with a substance abuse problem.
- Reach out - people do care.
- Keep your lives as normal as possible.
- Spend time with others.
- Help those around you as much as possible by sharing feelings and checking out how they are doing.
- Give yourself permission to feel rotten.
- Keep a journal - write your way through those sleepless hours.
- Do things that feel good to you.
- Realize that those around you are under stress.
- Accept offered help.
- Eat nutritious, well-balanced meals high in carbohydrates and low in sugar.
- Avoid excessive use of caffeine.
- Don't make any big life changes.
Pandemic Flu Planning Checklist for Individuals and Families

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

1. To plan for a pandemic:
   - Store a supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
   - Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.
   - Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
   - Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
   - Volunteer with local groups to prepare and assist with emergency response.
   - Get involved in your community as it works to prepare for an influenza pandemic.

2. To limit the spread of germs and prevent infection:
   - Teach your children to wash hands frequently with soap and water, and model the correct behavior.
   - Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
   - Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.
Plan Para Una Gripe
Pandémica
Lista para Individuos y Familias

Usted puede prepararse para una influenza pandémica ahora. Usted debería saber ambas, la magnitud de lo que puede suceder durante un brote pandémico y que acciones usted puede tomar para ayudar a aminorar el impacto de una influenza pandémica en usted y su familia. Esta lista le ayudará a juntar información y recursos que puede necesitar en caso de una gripe pandémica.

1. Plan para una pandemia:

- Guarde una cantidad de agua y comida. Durante una pandemia, si usted no puede llegar a la tienda, o si la tienda no tiene abastecimiento, será importante para usted tener provisiones a mano. Esto puede ser muy útil en otro tipo de emergencias, como un corte de electricidad y desastres.
- Pregunte a su doctor si puede tener un abastecimiento extra de sus medicinas regulares.
- Tener medicinas sin prescripción médica y otros a mano, incluyendo remedios para los dolores, para problemas de estómago, remedios para la tos y resfríos, líquidos con electrolitos, y vitaminas.
- Hablar con miembros de la familia acerca de cómo ellos deberían cuidarse por si se enferman, o que deberán necesitar en caso que hay que cuidarlos en casa.
- Ser voluntario con grupos locales para preparar y asistir con una reacción de emergencia.
- Envolverse con su comunidad como ésta trabaja preparándose para una influenza pandémica.

2. Limitar el contagio y prevenir infecciones:

- Enseñar a sus niños a lavarse las manos frecuentemente con jabón y agua, sea un modelo de esta práctica/conducta.
- Enseñar a sus niños cuando tosan y estornuden a cubrirse la boca con un pañuelo desechable/kleenex y asegúrese de ser un modelo en esta práctica/conducta.
- Enseñar a sus niños a estar alejados lo más posible de otros si estos están enfermos. Quedarse en casa si se está enfermo. (No asistir al trabajo o escuela).
What is Pandemic Flu?
A “pandemic” is a disease that spreads all over the world and affects a large number of people. If you are caring for a loved one during a pandemic, it’s important to take steps to protect yourself and others. Always follow the most current advice of the U.S. Department of Health and Human Services and your local health department.

Prevent the Spread of Pandemic Flu
These healthy habits will help keep you and others from getting and passing on the virus.

> Clean your hands often with soap and water or alcohol-based hand sanitizer.
> Cover your mouth and nose with a tissue when you cough or sneeze and clean your hands afterward. Put used tissues in a wastebasket.
> Cough or sneeze into your upper sleeve if you don’t have a tissue.
> Keep your hands away from your eyes, nose and mouth to prevent germs from entering your body.

Also, a person with signs of the flu should:
> Stay home from work, school and errands and avoid contact with others.
> Consider wearing a surgical mask when around others. There may be benefits.

When a Household Member Is Sick
The flu virus is spread when contaminated droplets exit the mouth and nose of an infected person and the virus comes in contact with others. So, follow these tips to protect yourself and others in your home:

> Keep everyone’s personal items separate. All household members should avoid sharing computers, pens, papers, clothes, towels, sheets, blankets, food or eating utensils.
> Disinfect door knobs, switches, handles, toys and other surfaces that are commonly touched around the home or workplace.

**Disinfectant:**
1 gallon water
1/4 cup bleach
Mix up a fresh batch every time you use it.

> It is okay to wash everyone’s dishes and clothes together. Use detergent and very hot water. Wash your hands after handling dirty laundry.
> Wear disposable gloves when in contact with or cleaning up body fluids.
> One person should be the caregiver. He or she may benefit by wearing a mask when giving care.

Practice Hand Hygiene
Caregivers should always wash their hands before providing care. Afterward, wash again and apply alcohol-based hand sanitizer as well. Follow these steps for proper hand hygiene:

1. Wet hands with warm, running water and apply liquid soap.
2. Rub hands vigorously for at least 15 seconds, covering all surfaces and fingers.
3. Scrub nails by rubbing them against the palms of your hands.
4. Rinse your hands with water.
5. Dry your hands thoroughly with a paper towel and use it to turn off the faucet. A shared towel will spread germs.

Recognize Pandemic Flu Symptoms
Watch for these symptoms:

> Fever
> Cough
> Runny nose
> Muscle pain

Call your health-care professional at the first sign of the flu. Many symptoms can be treated by the health-care professional over the telephone.

Care for a Loved One with the Flu
A person recovering from flu should have:

> Rest and plenty of liquids
> No alcohol or tobacco
> Medications to relieve flu symptoms

In some cases, a health-care professional may prescribe antiviral drugs to treat the flu. Antibiotics (like penicillin) don’t cure it.
Sample Press Release A:
Health Services will use this type of press release to announce schools remain open.

For release (DATE) Contact: (PIO name and number)

Tulare County Schools Are Open but Parents Should Prepare

Tulare County schools remain open despite the pandemic flu outbreak in the county but parents are asked to prepare for possible closures if the virus continues to spread. School and county health officials are working together to monitor the situation and parents will be updated with any important information.

“At this time, we believe students can safely attend classes and schools will remain open. Our thoughts are with all of our families and children who are affected,” said (health official)

If the pandemic flu continues to spread and more students become ill, health officials say they may need to order schools closed for a period of time. They urged parents to begin planning now for childcare in their home.

Health officials say parents can help protect their children and prevent the spread of pandemic flu as they would colds and other flu by taking the following precautions:

➤ Teach your children to wash hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.

➤ Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.

➤ Teach your children to stay at least three feet from people who are sick. People who are sick should stay home from work or school and avoid other people until they are better.

Health officials point out that recommendation may change during the course of a pandemic flu outbreak.

For school updates, parents can call the school district’s hotline at (INSERT NUMBER) or the Tulare County Health and Human Services’ Health Emergency Information Line at 1-559-685-4847.

For more information on pandemic flu, visit Tulare County Health and Human Services’ website at www.tchhsa.org or the federal government website at www.pandemicflu.gov.
Health Officials Order Closure of Schools in Tulare County

Tulare County health officials have ordered the closure of schools as a result of the pandemic flu outbreak in the county.

Schools may be closed for a period of time - days or even weeks. Because the virus is easily spread from person-to-person, Tulare County Health Services has also ordered colleges, day care centers and preschools to close. Because it is unsafe for large groups of people to gather, health officials warn people to stay away from shopping malls, community centers and other places where germs can be spread.

“We know this is an anxious time for our community and our hearts go out to those who are ill. We are working closely with the schools to deal with the situation and will keep parents updated with any important information,” said (Local Health Official)

According to LOCAL HEALTH OFFICIAL, the purpose of closing schools is to limit contact among children to decrease their risk of getting sick and to limit the spread of infection.

Because so many people are sick with the flu, health officials acknowledge that it may be hard to get a doctor’s appointment, go to a clinic or even be seen in a hospital emergency room. They provided some tips for residents to care for the sick at home:

- Have them drink a lot of liquid (juice, water)
- Keep the sick person as comfortable as possible. Rest is important.
- For adults with fever, sore throat and muscle aches, use ibuprofen (Motrin) or acetaminophen (Tylenol). Do not use aspirin in children or teenagers; it can cause Reye’s syndrome, a life-threatening illness.
- Keep tissues and a trash bag within reach of the sick person.
- Be sure everyone in your home washes their hands frequently.
- Keep the people who are sick with the flu away from the people who are not sick.

More information on pandemic flu is available on Tulare County Health Services’ website at http://tchhsa.org or by calling the CCHS Health Emergency Information Line: 1-559-685-4847.
Sample
Key Messages for School Officials (A- Outbreak)

- We know this is an anxious time for our community and our hearts go out to those who are ill. We are working closely with local health officials to deal with the situation and will keep parents updated with any important information.

- At this time, under the guidance of the county health department, we believe students can safely attend classes and schools will remain open. Our thoughts are with all of our families and children who are affected.

- If pandemic flu continues to spread and more students become ill, health officials may need to close schools for an extended period of time (for example, up to 6 weeks).

- The purpose of closing schools will be to decrease contact among children in order to decrease their risk of getting sick and to limit the spread of infection. If schools are closed, children should stay at home.

- We urge parents to plan now for the possibility of schools closing. Arrange day care, and home schooling.

- Parents can help protect their children and prevent the spread of pandemic flu as they would colds and other flu by taking the following precautions:
  - Teach your children to wash hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
  - Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow.
  - Teach your children to stay away from people who are sick and stay home from work or school if you are sick.

Recommendations may change during the course of a flu pandemic. We will make public announcements through the media and parents can the school district’s hotline at (INSERT HOTLINE).

For more information on pandemic flu and prevention, visit Tulare County Health Services’ website at www.tchhsa.org or call the TCHHSA Health Emergency Information Line: 1-559-685-4847.
Sample
Key Messages for School Officials (B – School Closures)

- Tulare County health officials have ordered the closure of schools as a result of the pandemic flu outbreak in our county.

- Schools may be closed for an extended period of time (for example, up to 6 weeks).

- We know this is a difficult time for our community and our hearts go out to those who are ill. We are working closely with health officials to deal with the situation and will keep parents updated with any important information.

- Because pandemic flu is easily spread from person-to-person, it is unsafe for large groups of people to gather and children should stay home. The purpose of closing schools is to decrease contact among children in order to decrease their risk of getting sick and to limit the spread of infection.

- During this time, children and adults should stay away from other people and groups, as much as possible. Health officials also advise people should not gather in other locations such as homes, shopping malls, movie theaters or community centers.

- Parents can help protect their children and prevent the spread of pandemic flu as they would colds and other flu by taking the following precautions:
  
  ➢ Teach your children to wash hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
  ➢ Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow.
  ➢ Teach your children to stay at least three feet from people who are sick and stay home from work or school if you are sick.

Recommendations may change during the course of a flu pandemic. We will make public announcements through the media and parents can the school district’s hotline at (INSERT NUMBER)

For more information on pandemic flu and prevention, visit Tulare County Health Services’ website at www.tchhsa.org or call the TCHHSA Health Emergency Information Line: 1-559-685-4847.
Additional Links and Resources

Official US Government Website
www.pandemicflu.gov

Centers for Disease Control & Prevention
www.cdc.gov/flu/avian/gen-info/index.htm

Center for Disease Control - Respiratory Hygiene Etiquette

School District (K-12) Pandemic Influenza Planning Checklist

World Health Organization – Avian Influenza Information
www.who.int/csr/disease/avian_influenza/en

World Health Organization’s Human Case Count
www.who.int/csr/disease/avian_influenza/country/en

Precautions for Travel to Countries Reporting H5N1
What is Avian Flu?
Avian Flu, also called bird flu, is a contagious respiratory disease that can infect humans as well as birds. It is caused by a flu-like virus. Avian Flu virus does not usually infect humans but a number of cases of human Avian Flu have occurred since 1997. As of March 2006, there are no human cases of Avian Flu in the U.S.

Chickens, ducks, geese and other wild water birds are especially at risk to get the disease. Avian Flu can be deadly to both birds and humans.

What are the symptoms of Avian Flu in humans?
They are similar to those of the seasonal flu.
• Fever, cough, sore throat, muscle aches
• Severe respiratory illness like pneumonia
Some persons may show other symptoms like diarrhea, coma, encephalitis, and eye infections.

How is human Avian Flu spread?
Humans can get Avian Flu from contact with infected birds, contaminated surfaces, or standing pond water. Infected birds shed the virus in saliva and droppings. A person can catch the Avian Flu virus when an infected chicken coughs or sneezes onto the person’s face, or by breathing in bird dropping particles.

The World Health Organization (WHO) is still looking into whether Avian Flu spreads from person to person. The virus is not spread by eating cooked meat or eggs so there is no danger in eating cooked chicken, duck or other poultry.

What drugs are available for Avian Flu?
The effectiveness of antiviral drugs is unknown.

Is there a vaccine against human Avian Flu?
No. However, health care providers may give regular flu vaccine to high-risk groups such as poultry workers, to lessen the risk that they may become infected with both the human and bird Flu viruses at the same time.

Why worry about getting both human and bird Flu viruses at the same time?
The mixing of human and Avian Flu viruses could produce a new type of Flu to which humans have no defenses. It is possible that the new type would be easily passed from person to person, which could cause worldwide outbreak (pandemic) and even death.

If Avian Flu is identified in the U.S., these are things you can do to protect yourself:
1. Always wash your hands after outdoor activities, such as after playing with standing water, after picnicking.
2. Always cover your cough.
3. Avoid ill people.
4. Stay home when ill.
5. Avoid contact with wild birds, especially water birds.
6. Do not enter bird cages & chicken pens.

Bird Illness
How do chickens or other birds get Avian Flu?
• From direct contact with the saliva or droppings of infected birds
• From contaminated feed, water, cages, equipment or clothing, like shoes of poultry workers.

Indoor birds are safe from Avian Flu.

What are the symptoms of Avian Flu in birds?
• Lack of appetite and energy
• Swollen head, eyelids, comb, wattle and legs
• Purple wattle and comb
• Nasal discharge
• Sneezing and coughing
• Diarrhea
• Sudden death

Things you can do to protect your bird from Avian Flu:
1. Do not mix birds of unknown origin with existing pet birds.
2. Keep your birds in cages, hen houses, or in a netted area to keep wild birds away.
3. Clean and disinfect your bird cage or hen house as necessary.

Visit our website at: http://www.tchhsa.org for information about Avian Flu or call the Health Emergency Information Line at (559) or the TCHSA Public Health Division at (559) . Visit the Department of Human and Health Services website at: www.pandemicflu.gov or the WHO website at: http://www.who.int/en/ for up-to-date information on countries that have been affected by Avian Flu.

6/15/2006
**Gripe Aviar (Gripe de Aves)**

**¿Qué es la influenza aviar?**
La influenza aviar, también conocida como gripe aviar, es una enfermedad respiratoria contagiosa que afecta a humanos y aves. Es causada por un virus similar al de la influenza. El virus de la influenza aviar no suele infectar a humanos, pero sí ha ocurrido cierto número de infecciones desde 1997. Hasta marzo de 2006 no se ha reportado ningún caso humano de influenza aviar en los Estados Unidos.

Gallinas, patos, gansos y otras aves acuáticas silvestres tienen un riesgo especial de contraer la enfermedad. La influenza aviar puede ser mortal para aves y para humanos.

**¿Cuáles son los síntomas de la influenza aviar en humanos?**
Son similares a los de la influenza común:
- Fiebre, tos, dolor de garganta y dolores musculares
- Dificultades respiratorias severas como lesión de la muñeca.

Algunas personas pueden presentar otros síntomas como diarrea, cólera, enteritis e infecciones oculares.

**¿Cómo se transmite la influenza aviar en humanos?**
Los humanos pueden contraer la influenza aviar a través del contacto con aves infectadas, superficies contaminadas o agua estancada. Los aves infectadas producen saliva y excrementos con el virus. Una persona puede contraer el virus si un pollito infectado tosa o estornuda en su cara, o respirando partículas de excremento.

La Organización Mundial de la Salud (OMS) sigue estudiando si la influenza aviar puede transmitirse entre personas. El virus se transmite por el consumo de carne o huevos cocidos. No existe riesgo por comer pollo, pato o cualquier otra ave cocida.

**¿Qué medicinas están disponibles para la influenza aviar?**
Se desconoce la efectividad de medicinas antivirales.

**¿Existe una vacuna contra la influenza aviar?**
No. Sin embargo, los proveedores de atención a la salud pueden dar vacunas contra la influenza común a los grupos de alto riesgo, como los trabajadores avícolas, para disminuir el riesgo de que contraigan el virus de la influenza aviar y el de la influenza humana a la vez.

**¿Por qué preocuparse de contraer el virus de la influenza aviar y el de la influenza humana a la vez?**
La mezcla de los dos virus podría producir un nuevo tipo de influenza para el que no tenemos defensas. Es posible que el nuevo virus pudiera transmitirse fácilmente de persona a persona y que desataría una infección mundial (pandemia) e incluso una muerte masiva.

Si se detecta la influenza aviar en los Estados Unidos, éstas son algunas medidas que puede tomar para protegerse:

1. Lávese las manos siempre después de realizar actividades en exteriores, como jugar en agua estancada o tener un picnic.
2. Cubra siempre sus estornudos.
3. Evite el contacto con personas enfermas.
4. Permanezca en casa cuando está enfermo.
5. Evite el contacto con aves silvestres, especialmente aves acuáticas.
6. No entre en jaulas y corrales de aves.

**Enfermedades de aves**
**Cómo contraen la influenza aviar las gallinas u otras aves?**
- Por el contacto directo con la saliva o excremento de aves infectadas
- Por alimentación, agua, jaulas o equipo contaminado. O por contaminación en el vestimenta de los trabajadores avícolas. Las aves que se mantienen en interiores están a salvo del virus.

**¿Cuáles son los síntomas de la influenza aviar en aves?**
- Pérdida de apetito y falta de energía
- Cabeza, párpados, cresta, barbilla y piernas hinchadas
- Césped y barbilla moradas
- Soreo nasal
- Estornudos y tos
- Diarrea
- Muerte súbita

**Medidas que puede tomar para proteger a su ave de la influenza aviar:**

1. No mezcle aves de un origen desconocido con mascotas actuales.
2. Mantenga a sus aves en jaulas, corrales o áreas enrejadas para mantener alejadas a las aves silvestres.
3. Limpie y desinfecte la jaula o corral para aves según sean necesarios.

Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

You may be asked to put on a surgical mask to protect others.

Clean your Hands after coughing or sneezing.

Wash with soap and water or clean with alcohol-based hand cleaner.

Germ-Free Zone

- Don't spread germs.
- Cover your cough.
- Wash your hands often.
BE A GERM STOPPER.

Cover Coughs and Sneezes. Clean Hands.
Be a germ stopper at school — and home. Cover your mouth and nose when you cough or sneeze. Use a tissue and throw it away.

Clean your hands a lot
- After you sneeze or cough
- After using the bathroom
- Before you eat
- Before you touch your eyes, mouth or nose

Washing hands with soap and water is best. Wash long enough to sing the “Happy Birthday” song twice. Or, use gels or wipes with alcohol in them. This alcohol kills germs!

Stop germs. And stop colds and flu.

www.cdc.gov/germstopper
Keep Our School Healthy

- Send sick kids home
- Teach kids not to cough on others
- Teach kids to wash hands often, with soap.
- Teach kids to cover their coughs.
# How Does Seasonal Flu Differ from Pandemic Flu?

**Seasonal Flu**
- Outbreaks follow predictable seasonal patterns; occurs annually, usually in winter, in temperate climates.
- Usually some immunity built up from previous exposure.
- Healthy adults usually not at risk for serious complications (the very young, the elderly and those with certain underlying health conditions at increased risk for serious complications).
- Health systems can usually meet public and patient needs.
- Vaccine developed based on known virus strains and available for annual flu season.
- Adequate supplies of antivirals are usually available.
- Average U.S. deaths approximately 36,000/yr.
- Symptoms: fever, cough, runny nose, muscle pain. Deaths often caused by complications, such as pneumonia.
- Generally causes modest impact on society (e.g., some school closing, encouragement of people who are sick to stay home).
- Manageable impact on domestic and world economy.

**Pandemic Flu**
- Occurs rarely (three times in 20th century - last in 1968).
- No previous exposure; little or no pre-existing immunity.
- Healthy people may be at increased risk for serious complications.
- Health systems may be overwhelmed.
- Vaccine probably would not be available in the early stages of a pandemic.
- Effective antivirals may be in limited supply.
- Number of deaths could be quite high (e.g., U.S. 1918 death toll approximately 500,000).
- Symptoms may be more severe and complications more frequent.
- May cause major impact on society (e.g., widespread restrictions on travel, closings of schools and businesses, cancellation of large public gatherings).
- Potential for severe impact on domestic and world economy.

For additional information visit: [www.pandemicflu.gov](http://www.pandemicflu.gov)
Table 22.1: Minimal Essential Emergency Equipment and Resources for Schools without a School Nurse Present
Accessible keys to locked supplies
Accessible list of phone resources
Biohazard waste bags
Blunt scissors
Clock with a second hand
CPR staff on-site when students are on the premises
Disposable blankets
Emergency cards on all staff
Emergency cards on all students
Established relationship with local EMS personnel
Ice (not cold packs)
Individual care plans for students with specialized needs
First aid tapes
Non-latex gloves
One-way resuscitation mask
Phone
Posters with CPR/Heimlich instructions
Refrigerator or cooler
Resealable plastic bags
School-wide plan for emergencies
Soap
Source of oral glucose (i.e., frosting)
Splints
Staff that have received basic first aid training
Variety of bandages and dressings
Water source/normal saline

Table 22.2: Additional Minimal Essential Emergency Equipment and Resources for Schools with a School Nurse Present
C-spine immobilizer
Glucose monitoring device**
**Committee acknowledges challenges with maintenance and expense of test strips. Monitoring of machine must also be in compliance with CLIA (Clinical Laboratory Improvement Amendments)
Medications*
  Albuterol
  Epinephrine pen
  Oxygen
*All medications should be in accordance with state laws, pharmacy, and nurse practice acts
Nebulizer
Penlight
Self-inflating resuscitation device in two sizes (500 ml and 1 liter) with appropriate sized masks to meet needs of population being served
Sharps container
Stethoscope
Suction equipment (minimal source, does not have to be electric, i.e., turkey baster)

Definitions

**Isolation** as defined by the Centers for Disease Control (CDC), is the separation of persons who have a specific infectious illness from those who are healthy and the restriction of movement to stop the spread of that illness. Isolation allows for the focused delivery of specialized health care to people who are ill, and it protects healthy people from getting sick. The local Health Officer has the discretion to isolate persons in their homes, in hospitals or in other designated health care facilities.

**Quarantine**, as defined by the CDC, refers to the separation and restriction of movement of persons who, while not ill, have exposure to an infectious agent and therefore may become infectious. Quarantine of exposed persons is a public health strategy, like isolation, intended to stop the spread of infection.

Several state and local statutes authorize the Health Officer to implement and enforce his/her responsibilities with respect to isolation, quarantine and other control measures. These include:

**California Codes**

**Health and Safety Code**

**101040.** The county health officer may take any preventive measure that may be necessary to protect and preserve the public health from any public health hazard during any "state of war emergency," "state of emergency," or "local emergency," as defined by Section 8558 of the Government Code, within his or her jurisdiction.

**120130.** Reads in part:

(c) The health officer may require strict or modified isolation, or quarantine, for any case of contagious, infectious, or communicable disease, when this action is necessary for the protection of the public health.

**120175.** Each health officer knowing or having reason to believe that any case of the diseases made reportable by regulation of the department, or any other contagious, infectious or communicable disease exists, or has recently existed, within the territory under his or her jurisdiction, shall take measures as may be necessary to prevent the spread of the disease or occurrence of additional cases.

**120205.** No quarantine shall be established by a county or city against another county or city without the written consent of the department. (“Department” in this section refers to the California Department of Health Services).

**120215.** Upon receiving information of the existence of contagious, infectious, or communicable disease for which the department may from time to time declare the need for strict isolation or quarantine, each health officer shall: (a) Ensure the adequate isolation of each case, and appropriate quarantine of the contacts and premises.

(b) Follow local rules and regulations, and all general and special rules, regulations, and orders of the department, in carrying out the quarantine or isolation.

**120220.** When quarantine or isolation, either strict or modified, is established by a health officer, all persons shall obey his or her rules, orders, and regulations.
120225. A person subject to quarantine or strict isolation, residing or in a quarantined building, house, structure, or other shelter, shall not go beyond the lot where the building, house, structure, or other shelter is situated, nor put himself or herself in immediate communication with any person not subject to quarantine, other than the physician, the health officer or persons authorized by the health officer.

120275. Any person who, after notice, violates, or who, upon the demand of any health officer, refuses or neglects to conform to, any rule, order, or regulation prescribed by the department respecting a quarantine or disinfection of persons, animals, things, or places, is guilty of a misdemeanor.

120290. Except as provided in Section 120291 or in the case of the removal of an afflicted person in a manner the least dangerous to the public health, any person afflicted with any contagious, infectious, or communicable disease who willfully exposes himself or herself to another person, and any person who willfully exposes another person afflicted with the disease to someone else, is guilty of a misdemeanor.

Education Code

49403. (a) Anything to the contrary notwithstanding, the governing board of any school district shall cooperate with the local health officer in measures necessary for the prevention and control of communicable diseases in school age children. For that purpose the board may use any funds, property, and personnel of the district, and may permit any person licensed as a physician and surgeon, or any person licensed as a registered nurse acting under the direction of a supervising physician and surgeon as provided in subdivisions (b) and (c), to administer an immunizing agent to any pupil whose parents have consented in writing to the administration of such immunizing agent.