



## Grossmont Union High School District Operational Bulletin

Date: September 4, 2009  
No.: OB-10-06

**Title:** Guidance for School Response to Influenza

**Issuing Department:** Risk Management

**Reference:**

**Routing:**  
All Staff

**Summary:**

The intention of releasing this information is to guide administrators, teachers and staff to respond to influenza during the 2009-2010 school year. This guidance is designed to decrease exposure to regular seasonal flu and the 2009 H1N1 flu while limiting the disruption of day-to-day activities and the vital learning that goes on in district schools.

**The following are key recommendations from the District:**

**\*Stay Home When Sick**

Anyone with flu-like illness should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines.

**\*Ill Students and Staff**

Students and staff who appear to have flu-like illness should be sent to a location separate from others until they can be sent home. It is recommended that they wear a surgical mask, if possible, and those who care for ill students and staff wear protective gear such as a mask.

**\*Hand Hygiene and Respiratory Etiquette**

Wash hands frequently with soap and water when possible, and cover noses and mouths with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available). The District is placing wall mounted hand sanitizers and "Cover Your Cough" posters in every classroom.

**\*Routine Cleaning**

School staff should routinely clean areas that students and staff touch often with the cleaners approved for this use. Special cleaning with bleach and other non-detergent-based cleaners is not necessary.

**\*Early Treatment of High Risk Students and Staff**

People at high risk for influenza complications who become ill with influenza-like illness should speak with their health care provider as soon as possible.

**\*Early Treatment with Antiviral Medications**

It is very important for people at high risk to seek early treatment because it can prevent hospitalizations and deaths. People at high risk include those who are pregnant, have asthma or diabetes, have compromised immune systems or have neuromuscular diseases.

**\*Absenteeism Information Gathering and Tracking**

In addition to normal absenteeism recordkeeping, the schools will report weekly to the site nurse and record how many cases of influenza are suspected. Information to be gathered includes dates of the commencement of illness and dates the symptoms subside. This information will be reported to the District Nurse and the Risk Manager.

**\*School Dismissals**

In the event influenza severity increases significantly and results in absentee rates in excess of 30%, the decisions regarding dismissals will be made in conjunction with the District, the County of San Diego Department of Health and Human Services, the California Department of Education, the Centers for Disease Control, the San Diego County of Education and other interested parties. Decisions will be made on a school-by-school basis and are generally recommended to last 5 to 7 calendar days.

**\*Accommodate Continued Learning**

Teachers should develop options for how to keep students engaged in learning if a dismissal scenario occurs. These options may include homework packets, expanding web-based alternatives and independent study contracts.

**\*Vaccinations**

For the 2009-2010 flu season, the district's public health partners will make available to the community the vaccine for both seasonal flu and the H1N1 flu. The decision to seek vaccination should be made in consultation with one's own healthcare professional. The District is committed to working with its health partners should the need arise to use District facilities or resources to combat this threat.

**\*Parent Communication**

During the first week of school, each site will distribute, in the languages it chooses, a County-prepared "Back to School" notice regarding H1N1. In addition, the District website will be continuously updated with valuable links to assist parents.

James Kroviak  
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**APPROVED:**



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