



ORANGE UNIFIED SCHOOL DISTRICT

Education Center

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OUSD Guidelines for the Control and Prevention of H1N1 Influenza Outbreak

OUSD has developed a response plan for the potential outbreak of H1N1 flu. Working under the direction of the Orange County Health Care Agency and oversight of District nursing staff, the District's action plan is based on the most current local, state, and federal guidelines.

These recommendations are sent on behalf of the Superintendent's Office and should be used by all students, staff, and families in the District. The flu virus is spread by moisture produced during a cough or a sneeze. The virus can be spread directly from person to person, or from contact with a contaminated surface.

Prevention of the Flu

- ❖ **Wash Hands Often.** Students and staff are reminded to use good hand hygiene. Wash hands with soap and water or use alcohol-based hand sanitizer. See www.cdc.gov/features/handhygiene for more information.
- ❖ **Cover Your Sneezes and Cough.** Students and staff are reminded to use good respiratory etiquette, which means covering coughs and sneezes with a tissue or shirt sleeve. See www.cdc.gov/flu/protect/covercough.htm for more information.
- ❖ **Avoid Contact With an Ill Person.** Encourage students and staff to stay home if ill.
- ❖ **Maintain Routine Cleaning.** Classroom surfaces should be maintained with routine cleaning, using cleansers that are regularly used at school sites. Additional disinfection is not required.

When Flu Occurs

- ❖ **Separate Ill Students and Staff.** Students who are ill at school should be sent to the Health Office. Those with flu-like symptoms will be separated from other students and staff. Trained health clerks, under the supervision of a school nurse, will check for illness. Any student with a temperature over 100 degrees will be sent home.
- ❖ **Stay Home When Sick.** Students and staff are reminded to stay home when sick. Those with flu-like illness should stay home for at least 24 hours after they no longer have symptoms such as a fever. They should stay home even if taking antiviral medications.
- ❖ **School Nurse Response.** District school nurses will investigate each confirmed case of H1N1 flu in partnership with local health officials. Staff members are encouraged to report any case of H1N1 to the school Health Office or to District Health Services at 714-628-5560.
- ❖ **School Dismissals.** While unlikely, determination for school dismissals will be made by District administration and medical staff at the Orange County Health Care Agency.

For more information, please visit: www.ocde.k12.ca.us/flu_update.asp

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