



PCHC (H1N1) Flu Policy – August 2009

We are releasing our flu policy to ensure parents and employees that we are being proactive about preventing the spread of flu in our environment. We want to assure you that the health and safety of everyone is of utmost importance especially during the flu season in the fall and winter months. The severity of the flu will impact our plans and updates will be made as necessary. ***Please understand that our policies will be enforced for the health and safety of all not just one.***

According to the CDC:

Pandemic Flu Assumptions (*worst case*):

- 25%-50% infection rate
- Severity of illness greater than annual flu
- 3-4 week recuperation
- Expect cumulative absentee rate of 25%-50% for 3-4 months. This includes sick employees and employees caring for sick family members. Fear will also impact absenteeism.

Influenza Symptoms (CDC)

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly and may include these symptoms:

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults

These symptoms are usually referred to as "flu-like symptoms."

In an effort to prevent the spread of the flu:

1. PCHC will implement a consistent hand washing, coughing, and sneezing training for all children in its care. Younger children will receive this training on a daily basis during circle time and school age children on a weekly basis. Posters will be placed up around the center to remind employees and children about hand washing, sneezing, and coughing procedures. Children will be taught to cover their cough and sneeze.
2. We will seek to improve hand hygiene by frequent hand washing with soap and water and using hand sanitizer where appropriate.
3. Surfaces, door handles, and toys will be wiped down on a daily basis and as needed.
4. Personal Protective Equipment (PPE) such as masks will be available for employees to wear when caring for sick children at the center.
5. Parents and employees are encouraged to get the seasonal flu vaccine for themselves and their children.

Policies for sick children and employees:

1. Sick children will not be allowed to attend so as not to spread the virus to others.
2. Sick employees will not be allowed to come to work so as not to spread the virus to others.
3. CDC recommends that employees and children with influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [37.8° C] or signs of a fever, without the use of fever-reducing medications.
4. In some cases, a doctor's release note will be required for children or employees to return to work.
5. Children or employees who fall ill while at the Center will be separated and required to leave within one hour of parent notification.
6. Teachers are being encouraged to develop their lesson plans ahead of time as substitutes will be used in classroom when teachers are out sick.
7. Parents should plan for the possibility of the Center being closed in the event the virus spreads out of control.
8. People at higher risk for complications from the flu include pregnant women; children under 5 years of age; adults and children who have chronic lung disease (such as asthma), heart disease, diabetes, diseases that suppress the immune system and other chronic medical conditions; and those who are 65 years or older. This group should consult their health care provider in advance for advice.

Please feel free to visit www.flu.gov for additional information regarding the prevention of the flu virus.

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