

## FLU Information for PDTA Members

Concern over novel H1N1 flu and seasonal flu can make staff, parents and students anxious. This strain of flu spreads easily and although there have been individuals who have experienced severe response, most people affected have mild symptoms and have not needed medical treatment. About 70 percent of people who have been hospitalized with H1N1 flu have had one or more medical conditions that placed them in the “high risk” category for serious seasonal flu-related complications. These include pregnancy, diabetes, heart disease, asthma, and kidney disease. An appropriate level of concern encourages people to take actions that reduce the risk of illness.

At the beginning of the school year a H1N1 sub-committee of the District Health was created to plan for district response to flu presence within the school district and community.

Recommendations made by the committee included:

- Updating the District Website with the most current information and requesting staff and parents refer to the website as a primary information source. H1N1 links are located as quick-links on the PCSD homepage and on the Employee Center link.
- Asking all teaching staff to create a 5-7 day “back up” of lesson plans.
- Asking all employees to create a 5-7 day absence plan in place for their own/or family related illness.
- Requesting that Administrators and individual department and building members assess critical service areas which may be affected and creating possible solutions. This review included: Transportation, Food Service, Maintenance, Health Services, and Administrative/Business Services.
- In addition PCSD began working collaboratively with the New York State Health Department to share data on student absenteeism and illness via the NYSDOH Commerce System to assist state and local health department monitor in illness trends and providing recommendations.

It is important that staff:

- Share individual health concerns with their building administrator and Director of Human Resources after consulting with their Primary Physician.
- Follow CDC recommendations in reducing transmission, hand washing and/or use of Alcohol Based Sanitizers have been reinforced at all schools.
- Follow normal cleaning procedures. Staff is not expected to clean surfaces in their own rooms; nor should they be bringing in outside cleaning products. Staff inquires regarding cleaning supplies for their work areas should be addressed with their building administrator. \* Avoid excessive use of disinfectant or sanitizer on electronic equipment.
- Adhere to the CDC recommendation of requiring students and staff to remain home until they are fever free without the use of fever reducing medication for 24 hours.

The CDC and NYS DOH continue to monitor and update recommendations for general public and specific population groups such as schools. *Five to twenty percent of the population typically gets the seasonal flu each year, peaking in late fall to early spring.* Vaccination remains a primary means of prevention for seasonal flu. Please contact your building PDTA Health and Safety Representative if you have questions or concerns on this or any other health/safety/wellness related issue.

### Resources/Content Citing:

[www.nyhealth.gov](http://www.nyhealth.gov) [www.flu.gov](http://www.flu.gov) [www.schoolhealthservices.org](http://www.schoolhealthservices.org).

NYSDOH H1N1 Flu Hotline: 1-800-808-1987