

## CHILDCARE PROVIDER ACTION STEPS FOR PANDEMIC FLU

This is a list of important step-by-step actions childcare providers 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**

- Teach children and their parents (and any staff you have) how to prevent the spread of flu. (Lesson plans and a video are included in this kit)
- Learn how to conduct a Daily Health Check (Instructions are included in this kit) Remember that a child 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.
- Improve the hygiene of students and any staff you have. Use simple non-medical ways to reduce the spread of flu by “cough and sneeze etiquette,” clean hands, and clean work areas. Require children to wash their hands when they arrive. (A poster is included in this kit)
- Determine whether your site should be cleaned differently or more often.
- Become familiar with guidelines about when to require children to stay home. (Guidelines are included in this kit)
- Review the health needs of children and staff. Some children 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 home.
- Educate staff, children and parents about: the differences between seasonal flu and pandemic flu. (A chart comparing them is included in this kit)

### **Outbreak of Flu Disease**

#### **FEWER THAN 10% STUDENTS IN PUBLIC SCHOOLS ARE ILL**

Contra Costa Health Services will monitor how many children are ill in public schools. They will keep the public informed through radio, television & newspaper news and through the Internet at [cchealth.org](http://cchealth.org)

- Ensure that the Daily Health Check is conducted each morning.
- Start filling out Illness Logs to track children’s illnesses. (Illness logs are included in this kit). Call Health Services as described on Illness Log.
- Inform parents that a flu outbreak is occurring and encourage them to help prevent the spread of the disease. Post flu prevention signs on site.
- Check news reports for information about the outbreak and recommended actions and share information with parents.

### **Expansion of the Outbreak**

#### **10% OR MORE OF PUBLIC SCHOOL STUDENTS ILL (less than 30%)**

- Contra Costa Health Officer will issue an Epidemic Declaration to public schools.
- Continue filling out Illness Logs. Call Health Services as described on the Illness Log.
- Follow the Guidelines to require children to stay home if they are ill.
- Continue to check news reports and inform parents of outbreak status and recommended actions.

### **Continued Expansion of the Outbreak**

#### **MORE THAN 30% OF PUBLIC SCHOOL STUDENTS ILL**

- Contra Costa Health Officer issues Closure Declaration and press release closing public schools.
- Continue filling out Illness Logs and call Health Services as described on Illness Log.
- Day care providers should consider closing.

### **Following the Outbreak**

- Contra Costa Health Officer issues a declaration and press release that public schools can reopen.
- Childcare providers can reopen.
- Daily Health Checks should start again.

If children get sick again, start checklist again at Outbreak section.