



**Gervais School District**

# **Pandemic Influenza Plan**



PO Box 100 – 290 First Street

Gervais, OR 97026

PH: 503-792-3801

FAX: 503-792-3809

[www.gervais.k12.or.us](http://www.gervais.k12.or.us)

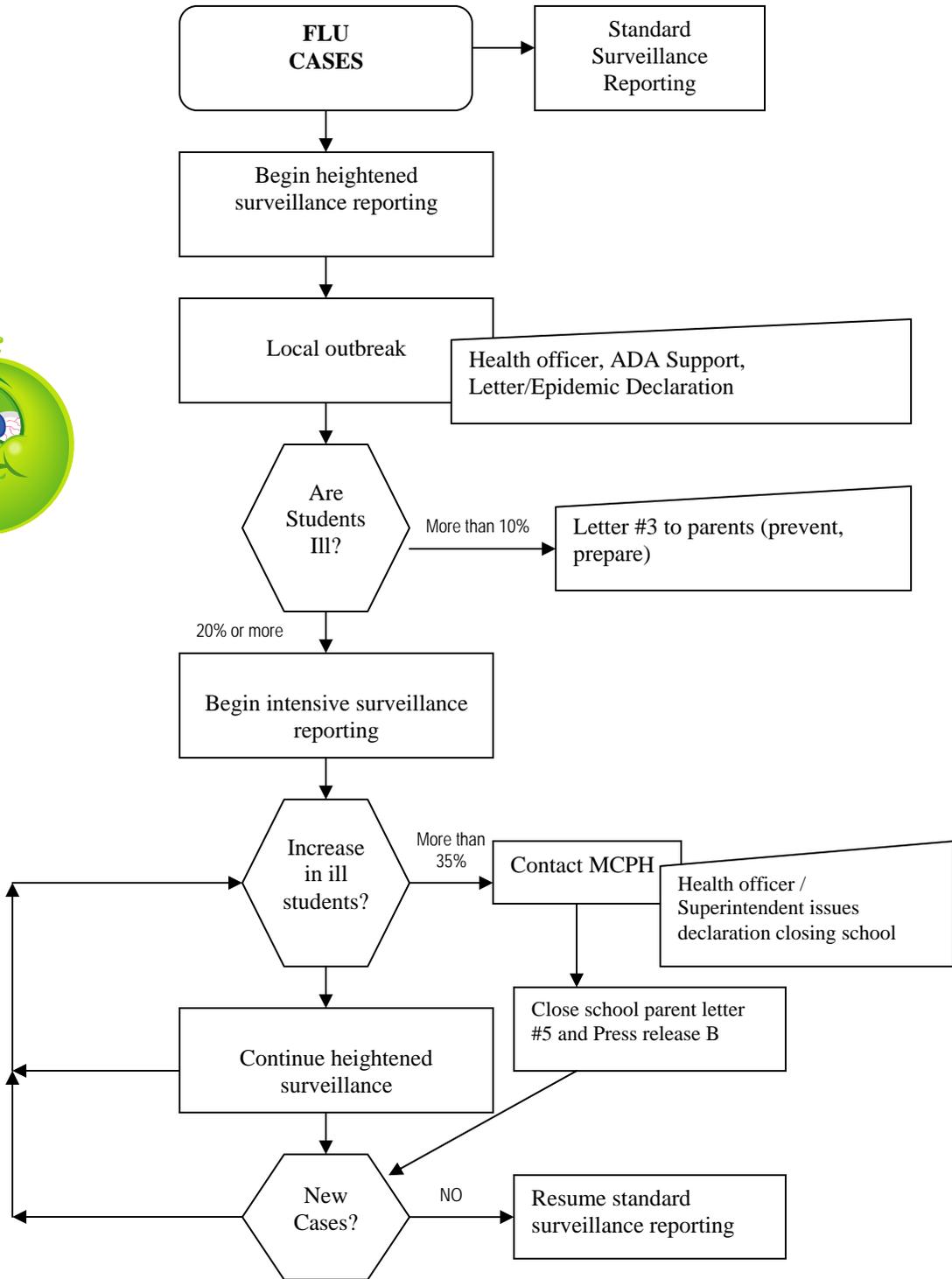
*Materials for this plan were adapted from Contra Costa Health Services in California.*

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# SCHOOL RESPONSE TO PANDEMIC FLU FLOW CHART



# SCHOOL DISTRICT (K-12) PANDEMIC INFLUENZA PLANNING CHECKLIST

Local educational agencies (LEAs) play an integral role in protecting the health and safety of their district’s staff, students and their families. The Department of Health and Human Services (HHS) and the Centers for Disease Control and Prevention (CDC) have developed the following checklist to assist LEAs in developing and/or improving plans to prepare for and respond to an influenza pandemic.

Building a strong relationship with the local health department is critical for developing a meaningful plan. The key planning activities in this checklist build upon existing contingency plans recommended for school districts by the U.S. Department of Education (Practical Information on Crisis Planning: A Guide For Schools and Communities (<http://www.ed.gov/admins/lead/safety/emergencyplan/crisisplanning.pdf>)). This checklist has been modified by Gervais School District.

Further information on pandemic influenza can be found at [www.pandemicflu.gov](http://www.pandemicflu.gov) and [cchealth.org](http://cchealth.org)

1. PLANNING AND COORDINATION			
Completed	In Progress	Not Started	Item
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Identify the authority responsible for declaring a public health emergency at the state and local levels (Marion County Health Officer) and for officially activating the district’s pandemic influenza response plan.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Identify for all stakeholders the legal authorities responsible for executing the community operational plan, especially those authorities responsible for case identification, isolation, quarantine, movement restriction, healthcare services, emergency care, and mutual aid.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	As part of the district’s crisis management plan, address pandemic influenza preparedness, involving all relevant stakeholders in the district (e.g., lead emergency response agency, district administrators, local public health representatives, school health and mental health professionals, teachers, food services director, and parent representatives). This committee is accountable for articulating strategic priorities and overseeing the development of the district’s operational pandemic plan.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work with local and/or state health departments and other community partners to establish organizational structures, such as the Incident Command System, to manage the execution of the district’s pandemic flu plan. An Incident Command System, or ICS, is a standardized organization structure that establishes a line of authority and common terminology and procedures to be followed in response to an incident. Ensure compatibility between the district’s established ICS and the local/state health department’s and state education department’s ICS.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Delineate accountability and responsibility as well as resources for key stakeholders engaged in planning and executing specific components of the operational plan. Assure that the plan includes timelines, deliverables, and performance measures.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work with your local and/or state health department and state education agencies to coordinate with their pandemic plans. Assure that pandemic planning is coordinated with the community’s pandemic plan as well as the state department of education’s plan.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Test the linkages between the district’s Incident Command System and the local/state health department’s and state education department’s Incident Command System.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Contribute to the local health department’s operational plan for surge capacity of healthcare and other services to meet the needs of the community (e.g., schools designated as contingency hospitals, schools feeding vulnerable populations, community utilizing LEA’s healthcare and mental health staff). In an affected community, at least two pandemic disease waves (about 6-8 weeks each) are likely over several months.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Incorporate into the pandemic influenza plan the requirements of students with special needs (e.g., low income students who rely on the school food service for daily meals), those in special facilities (e.g., juvenile justice facilities) as well as those who do not speak English as their first language.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Participate in exercises of the community’s pandemic plan.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work with the local health department to address provision of psychosocial support services for the staff, students and their families during and after a pandemic.



<b>1. PLANNING AND COORDINATION (con't):</b>			
<b>Completed</b>	<b>In Progress</b>	<b>Not Started</b>	<b>Item</b>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Review Gervais School District Health Services' surveillance and reporting system that would alert the local health department to a substantial increase in absenteeism among students.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Implement an exercise/drill to test your pandemic plan and revise it periodically.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Share what you have learned from developing your preparedness and response plan with other LEAs as well as private schools within the community to improve community response efforts.
<b>2. CONTINUITY OF STUDENT LEARNING AND CORE OPERATIONS:</b>			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Develop scenarios describing the potential impact of a pandemic on student learning (e.g., student and staff absences), school closings, and extracurricular activities based on having various levels of illness among students and staff.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Develop alternative procedures to assure continuity of instruction (e.g., web-based distance instruction, telephone trees, mailed lessons and assignments, instruction via local radio or television stations) in the event of district school closures.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Develop a continuity of operations plan for essential central office functions including payroll and ongoing communication with students and parents.
<b>3. INFECTION CONTROL POLICIES AND PROCEDURES:</b>			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work with the local health department to implement effective infection prevention policies and procedures that help limit the spread of influenza at schools in the district (e.g. promotion of hand hygiene, cough/sneeze etiquette). Make good hygiene a habit now in order to help protect children from many infectious diseases such as flu.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Provide sufficient and accessible infection prevention supplies (e.g., soap, alcohol-based/waterless hand hygiene products, tissues and receptacles for their disposal).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Establish policies and procedures for students and staff sick leave absences unique to a pandemic influenza (e.g., non-punitive, liberal leave).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Establish sick leave policies for staff and students suspected to be ill or who become ill at school. Staff and students with known or suspected pandemic influenza should not remain at school and should return only after their symptoms resolve and they are physically ready to return to school.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Establish policies for transporting ill students.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Assure that the LEA pandemic plan for school-based health facilities conforms to those recommended for health care settings (Refer to <a href="http://www.hhs.gov/pandemicflu/plan">www.hhs.gov/pandemicflu/plan</a> ).
<b>4. COMMUNICATIONS PLANNING:</b>			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Assess readiness to meet communication needs in preparation for an influenza pandemic, including regular review, testing, and updating of communication plans.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Develop a dissemination plan for communication with staff, students, and families, including lead spokespersons and links to other communication networks.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ensure language, culture and reading level appropriateness in communications by including community leaders representing different language and/or ethnic groups on the planning committee, asking for their participation both in document planning and the dissemination of public health messages within their communities.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Develop and test platforms (e.g., hotlines, telephone trees, dedicated websites, and local radio or TV stations) for communicating pandemic status and actions to school district staff, students, and families.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Develop and maintain up-to-date communications contacts of key public health and education stakeholders and use the network to provide regular updates as the influenza pandemic unfolds.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Assure the provision of redundant communication systems/channels that allow for the expedited transmission and receipt of information.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Advise district staff, students and families where to find up-to-date and reliable pandemic information from federal, state and local public health sources.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Disseminate information about the LEA's pandemic influenza preparedness and response plan (e.g., continuity of instruction, community containment measures).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Disseminate information from public health sources covering routine infection control (e.g., hand hygiene, cough/sneeze etiquette), pandemic influenza fundamentals (e.g., signs and symptoms of influenza, modes of transmission) as well as personal and family protection and response strategies (e.g., guidance for the at-home care of ill students and family members).
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Anticipate the potential fear and anxiety of staff, students, and families as a result of rumors and misinformation and plan communications accordingly.



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290 First Street - P.O. Box 100

Gervais, Oregon 97026-0100

Phone: (503) 792-3801 FAX: (503) 792-3809

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## Public Health Instructions During a Pandemic Flu

Throughout a pandemic flu, people may be asked or required to do things to help hold back the spread of the disease in our community.

Here are some examples of what Gervais School District may ask people to do:

### **STAY HOME**

People who are sick should stay home. Children should not go to school if they are sick. Staying home will be absolutely necessary during a pandemic flu to limit the spread of the disease.

### **AVOID LARGE GROUPS**

People – even those who are well – should stay away from gatherings of people such as sporting events, movies and festivals. During a pandemic flu these kinds of events could be cancelled because large gatherings of people help spread the flu virus.

Isolation and Quarantine are public health actions used to contain the spread of a contagious disease. If asked, it will be important to follow Isolation and/or Quarantine instructions.

**ISOLATION** is for people who are already ill. When someone is isolated, they are separated from people who are healthy. Having the sick person isolated (separated from others) can help to slow or stop the spread of disease. People who are isolated can be cared for in their homes, in hospitals, or other healthcare facilities. Isolation is usually voluntary, but local, state and federal government have the power to require the isolation of sick people to protect the public.

**QUARANTINE** is for people who have been exposed to the disease but are not sick. When someone is placed in quarantine, they are also separated from others. Even though the person is not sick at the moment, they were exposed to the disease and may still become infectious and then spread the disease to others. Quarantine can help to slow or stop this from happening. States generally have the power to enforce quarantines within their borders.



## FACT SHEET

### Stopping Germs at Home, Work and School

#### How Germs Spread

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. This is called "droplet spread."

This can happen when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks.

#### How to Stop the Spread of Germs

In a nutshell: take care to

- Cover your mouth and nose
- Clean your hands often
- Remind your children to practice healthy habits, too

#### *Cover your mouth and nose when coughing or sneezing*

Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

#### *The "Happy Birthday" song helps keep your hands clean?*

Not exactly. Yet we recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. That's about the same time it takes to sing the "Happy Birthday" song twice!

#### *Alcohol-based hand wipes and gel sanitizers work too*

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.\*

\* Source: FDA/CFSAN Food Safety A to Z Reference Guide, September 2001: [Handwashing](#).

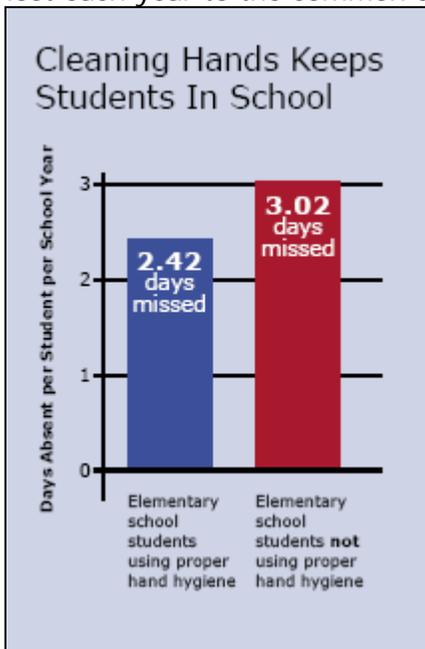
#### Germs and Children

Remind children to practice healthy habits too, because germs spread, especially at school.

## Stopping Germs at Home, Work and School

(continued from previous page)

The flu has caused high rates of absenteeism among students and staff in our country's 119,000 schools. Influenza is not the only respiratory infection of concern in schools -- nearly 22 million school days are lost each year to the common cold alone. However, when children practice healthy habits, they miss fewer days of school.



School administrators, teachers and staff: See [Preventing the Spread of Influenza \(the Flu\) in Schools](#) for CDC interim guidance.

### More Facts, Figures, and How-Tos

CDC and its partner agencies and organizations offer a great deal of information about handwashing and other things you can do to stop the germs that cause flu, the common cold, and other illnesses. See [Other Resources](#) and [Posters](#) on this [Stop the Spread of Germs](#) site for a select listing of Web sites, materials, and contact information.

Source: Am J Infect Control 2000;28: 340-6.

### Stop the Spread of Germs in Schools

#### Fast Facts

- Approximately 1/5 of the U.S. population attends or works in schools. (U.S. Dept of Ed, 1999).
- Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks. (Ansari, 1988; Scott and Bloomfield, 1989)
- Nearly 22 million school days are lost annually due to the common cold alone. (CDC, 1996)
- Addressing the spread of germs in schools is essential to the health of our youth, our schools, and our nation.
- Students need to get plenty of sleep and physical activity, drink water, and eat good food to help them stay healthy in the winter and all year.

For more information, visit [www.cdc.gov/flu](http://www.cdc.gov/flu), or call the CDC Flu Information Line at (800) CDC-INFO.

February 1, 2004

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# Pandemic Influenza:

## CHARACTERISTICS & CHALLENGES

A pandemic is a global disease outbreak. An influenza pandemic occurs when a new influenza virus emerges for which there is little or no immunity in the human population, begins to cause serious illness and then spreads easily person-to-person worldwide.

### Historically, the 20th century saw three pandemics of influenza:

- 1918 influenza pandemic caused at least 500,000 U.S. deaths and up to 50 million deaths worldwide
- 1957 influenza pandemic caused at least 70,000 U.S. deaths and 1-2 million deaths worldwide
- 1968 influenza pandemic caused about 34,000 U.S. deaths and 700,000 deaths worldwide

### Characteristics and Challenges in a Pandemic:

#### 1. There Will Be Rapid Worldwide Spread

- When a pandemic influenza virus emerges, its global spread is considered inevitable.
- Preparedness activities should assume that the entire world population would be susceptible.
- Countries might, through measures such as border closures and travel restrictions, delay arrival of the virus, but cannot stop it.

#### 2. Health Care Systems Will Be Overloaded

- Most people have little or no immunity to a pandemic virus. Infection and illness rates soar. A substantial percentage of the world's population will require some form of medical care.
- Nations unlikely to have the staff, facilities, equipment and hospital beds needed to cope with large numbers of people who suddenly fall ill.
- Death rates are high, largely determined by four factors: the number of people who become infected, the virulence of the virus, the underlying characteristics and vulnerability of affected populations and the effectiveness of preventive measures.
- Past pandemics have spread globally in two and sometimes three waves.

#### 3. Medical Supplies Will Be Inadequate

- The need for vaccine is likely to outstrip supply.
- The need for antiviral drugs is also likely to be inadequate early in a pandemic.
- A pandemic can create a shortage of hospital beds, ventilators and other supplies. Surge capacity at non-traditional sites such as schools may be created to cope with demand
- Difficult decisions will need to be made regarding who gets antiviral drugs and vaccines.

#### 4. There Will Be Economic and Social Disruption

- Travel bans, closings of schools and businesses and cancellations of events could have major impact on communities and citizens.
- Care for sick family members and fear of exposure can result in significant worker absenteeism.

[www.pandemicflu.gov](http://www.pandemicflu.gov)



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## Definition of Surveillance Levels

### Standard Surveillance

No flu activity reported in the community (flu season)

- ✓ Monitor daily attendance for increased reports of absence due to flu-like illness
- ✓ Do not report absences to the Health Department unless greater than 20% for all absences or 10% for respiratory outbreaks.

### Heightened Surveillance

Flu activity reported in the community (10% school absenteeism due to flu-like illness)

- ✓ Monitor daily attendance for flu-like illness/absences
- ✓ Begin morning 'flu check' first hour of school – screen those who report positive for symptoms
- ✓ Log absences due to flu-like illness
- ✓ Send **weekly** absence report (via fax) to the Superintendent's Office
- ✓ Sanitize school environment

### Intensive Surveillance

High number of flu illness reported in the community (10% or greater school absenteeism due to flu-like illness)

- ✓ Monitor daily attendance and log absences on log sheet
- ✓ Continue morning 'flu check'
- ✓ Send **daily** absence report (via fax) to the Superintendent's Office
- ✓ Continue to sanitize school environment



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## SCHOOL ACTION STEPS FOR PANDEMIC FLU

The following is a chronological list of important step-by-step actions schools 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

- Create a pandemic flu plan.
- Work with local health officials and emergency preparedness officials. They may want to use the schools as a way to disseminate information to families. You can begin with Parent Letter #1.
- Decide the roles and responsibilities of school staff (including all ancillary staff) to prevent the spread of flu.
- Train nurses and staff in flu-symptom recognition. (See surveillance section of this binder). Remember that a person 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.
- Insure that standard surveillance/disease recognition procedures are in place and implemented.
- Improve the hygiene of students and staff. Use simple non-medical ways to reduce the spread of flu by “cough and sneeze etiquette,” clean hands, and clean work areas.
- Determine whether the school should be cleaned differently or more often.
- Decide to what extent you will encourage or require children and staff to stay home when they are mildly ill.  
– Guidelines for this are found in the document provided by the Oregon State Education Association. A copy of this document can be requested from Leslie Currin at [leslie.currin@state.or.us](mailto:leslie.currin@state.or.us).
- Identify students who are most vulnerable to serious illness (immune compromised, chronic illness, etc.)
- Review the health needs of students. Some students 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 out of school.
- Educate staff, students and parents about: the differences between seasonal flu, bird flu and pandemic flu; best hygienic practices to prevent any sort of flu; what could occur in a pandemic.

## **Flu Activity in the Community / Outbreak of Flu Disease in the School**

### LESS THAN 10% STUDENTS ILL

- Begin Heightened Surveillance Reporting
- Send out Parent Letter #3 Initial Outbreak, informing parents that some students are sick but schools remain open, include tip sheets and info resource list\*
- Post flu prevention signs on campus

### **Expansion of the Outbreak**

#### 10-30% OR MORE OF STUDENTS ILL (but less than 30%)

- Local Health Officer issues ADA Support Letter to schools/Epidemic Declaration
- Begin Intensive Surveillance Reporting
- Send Parent Letter #4 Expanded Outbreak, include prevention tip sheets, etc.
- Close school
- Send out Parent Letter #5 School Closure, announcing closure(s)
- Cancel any non-academic events and extra-curricular sports practices and games
- Gervais School District / Marion County Health issues Declaration and press release closing school(s)

### **Outbreak is well-established in the Community**

- Health Department may recommend re-opening of schools

### **Following the Outbreak**

- Gervais School District/Marion County Health issues declaration and press release that schools can open.
- Issue Parent Letter #6
- Continue communicating with local health department
- Return to heightened surveillance reporting

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



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## Surveillance and Reporting

During all stages of a pandemic flu outbreak, it will be essential to monitor and document the number of students and faculty who are absent and meet the definition of influenza-like illness. Keeping track of these numbers will help health and school officials determine when and whether to close schools, whether the epidemic is increasing in scope and whether to declare an epidemic.

Schools are provided with the following information to monitor the illness rate and potential epidemic:

- ✓ Basic surveillance instructions and definitions of surveillance levels
- ✓ Case definition to assist in determining whether the ill student and/or faculty is suffering from an influenza-like illness
- ✓ Reporting form(s) to submit to the Superintendent's Office



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## Influenza Case Definition

The Centers for Disease Control and Prevention defines an influenza-like illness as having the following symptoms:

- Fever of 101.5° degrees Fahrenheit or higher

AND ONE OF THE FOLLOWING

- Cough
- Sore throat
- Headache
- Muscle ache

A student with flu-like symptoms must be sent to the office for screening (symptom check and/or taking temperature). If student meets the case definition as described above, he/she should be excluded from school until the illness has run its course and the child is free of flu symptoms.



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## Weekly Pandemic Flu Census

Once pandemic flu has been confirmed as present in Marion County, use this form to report weekly to the Gervais School District Office of the Superintendent about the number of students absent with flu-like illness. (Matches the definition: fever of 101.5° degrees Fahrenheit or higher and one of the following: cough, sore throat, headache, muscle ache)

Name of School \_\_\_\_\_ Week Ending \_\_\_\_\_

Elementary

Middle

High School

City \_\_\_\_\_ School District \_\_\_\_\_

Reporting Individual \_\_\_\_\_ Phone \_\_\_\_\_

### Students

\_\_\_\_\_ Number of students absent with flu-like illness this week

\_\_\_\_\_ Total number of students enrolled in your school

### Staff/Faculty

\_\_\_\_\_ Number of staff/faculty absent with flu-like illness this week

\_\_\_\_\_ Total number of staff/faculty employed in your school

### Assistance Needed/Comments:

*Fax this form each Friday during the period of Heightened Surveillance to 503-792-3809*

*If you have questions regarding this form or disease reporting please call 503-792-3803 ext. 299*





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*We, with the involvement of our culturally rich community, will provide a creative, enriching and safe environment, which instills a desire to become a life-long learner and a responsible citizen.*

Dear Parents,

This letter will help your family prepare for a flu pandemic that could make many people sick.

It is important to know that at this time, there is no pandemic flu of any kind in the United States. There is also no bird/avian flu in the United States at this time.

Public health officials are worried the avian/bird flu virus may change so that it can infect people and spread easily from person-to-person. This would cause a worldwide flu outbreak, called a pandemic.

Public health officials want people to protect themselves against pandemic flu.

Here are some ways to protect your family:

- Keep children who are sick at home. Don't send them to school.
- Teach your children to wash hands a lot with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least three feet away from people who are sick.
- People who are sick should stay home from work or school and avoid other people until they are better.

Enclosed with this letter is a checklist to help families get ready for a pandemic flu outbreak. This information can also help your family get ready for any kind of emergency.

**If you have questions, please contact your School Principal or healthcare provider. You can call the school office at \_\_\_\_\_.**

**The federal government website with information on planning for individuals and families:**

<http://www.pandemicflu.gov>

**American Red Cross**

<http://www.redcross.org>

Sincerely,

School Principal

#1



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290 First Street - P.O. Box 100

Gervais, Oregon 97026-0100

Phone: (503) 792-3801 FAX: (503) 792-3809

[www.gervais.k12.or.us](http://www.gervais.k12.or.us)

A culture of Diversity, Technology and Academic Excellence

*We, with the involvement of our culturally rich community, will provide a creative, enriching and safe environment, which instills a desire to become a life-long learner and a responsible citizen.*

Estimados Padres,

Esta carta le ayudara a su familia prepararse para la gripe pandémica que podría enfermar a muchas personas.

Es importante saber que a horita, no hay gripe pandémica de ninguna clase en los Estados Unidos. A horita tampoco hay gripe aviar/de aves en los Estados Unidos.

Los Oficiales de la Salud Pública están preocupados de que el virus de la gripe aviar/de aves se cambie y así pueda infectar a las personas y pasarse fácilmente de persona–a–persona. Esto causaría un brote llamado pandémica.

Oficiales de Salud Pública quieren que las personas se protejan de la gripe pandémica.

Estas son unas maneras de cómo usted puede proteger a su familia:

- Mantenga a los niños enfermos en casa. No los mande a la escuela.
- Enséñele a sus hijos a lavarse las manos frecuentemente con agua y jabón por un mínimo de 20 segundos. Asegúrese de dar un buen ejemplo por haciendo lo mismo usted.
- Enséñele a sus hijos a taparse la tos y estornudo o que estornuden dentro del brazo. Asegúrese de dar un buen ejemplo haciendo lo mismo usted.
- Enséñele a sus hijos que se mantengan por lo menos a tres pies de distancia de personas que están enfermas.
- Personas que están enfermas no deben ir al trabajo ni a la escuela y deben evitar otras personas hasta que se mejoren.

Incluido con esta carta va una lista para ayudarle a las familias a prepararse para un brote de gripe pandémica. Esta información también le puede ayudar a su familia a prepararse para cualquier tipo de emergencia.

Si tiene preguntas, favor de **Principal** de la Escuela o proveedor de asistencia medica. Puede llamar a la línea telefónica de la escuela al \_\_\_\_\_

El sitio Red del gobierno federal tiene información sobre planificación para personas y familias:

<http://www.pandemicflu.gov>

Cruz Roja Americana

<http://www.cruzrojaamericana.org>

Sincerely,

School Principal



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Dear Parents,

As expected, birds sick with avian/bird flu virus are now in the United States. It is important to know that, at this time, there are no known human cases of avian/bird flu in the United States.

Health officials are worried that the avian/bird flu virus may change so that people can get sick from it. If that happened it could spread from person-to-person. This would cause a worldwide flu outbreak, called a pandemic.

So even though there is no flu pandemic now, we want to remind you about some ways to protect your family from getting sick:

- Keep children who are sick at home. Don't send them to school.
- Teach your children to wash hands a lot with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay at least three feet away from people who are sick.
- People who are sick should stay home from work or school and avoid other people until they are better.
- Do not touch sick or dead birds

Enclosed with this letter is a checklist to help families get ready for a pandemic flu outbreak. This information can also help your family get ready for any kind of emergency.

**If you have questions, please contact your School Principal or healthcare provider. You can call the school**

**You can get more information from Marion County Health Services:**

Visit online at <http://health.co.marion.or.us/>.

**The federal government website with information on planning for individuals and families:**

<http://www.pandemicflu.gov>

**American Red Cross**

<http://www.redcross.org>

Sincerely,

School Principal

#2



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Estimados Padres,

Como esperábamos, pájaros enfermos con el virus de la gripe aviar/ de aves, ha llegado a los Estados Unidos. Es importante saber que, a horita no hay casos de gripe aviar en los humanos en los Estados Unidos.

Los oficiales de salud están preocupados que el virus de la gripe aviar/de aves se pueda mutar y así enfermar a las personas. Si eso sucediera el virus podría esparcirse de persona–a–persona. Esto causaría un brote mundial de gripe, llamada una pandemia.

Así que, aunque no hay una pandemia de gripe ahora, nosotros queremos recordarles acerca de algunas maneras de proteger a su familia de la enfermedad:

- Mantenga a los niños enfermos en casa. No los mande a la escuela.
- Enséñele a sus hijos a lavarse las manos frecuentemente con agua y jabón por un mínimo de 20 segundos. Asegúrese de dar un buen ejemplo haciendo usted lo mismo.
- Enséñele a sus hijos a taparse la tos y estornudo o que estornuden dentro del brazo. Asegúrese de dar un buen ejemplo haciendo usted lo mismo.
- Enséñele a sus hijos que se mantengan por lo menos a tres pies de distancia de las personas que están enfermas.
- Personas que están enfermas no deben ir al trabajo ni a la escuela y deben evitar otras personas hasta que se mejoren.
- No toque pájaros enfermos o muertos

Junto con esta carta va una lista de verificación para ayudarle a las familias a prepararse para un brote de gripe pandémica. Esta información le puede ayudar a su familia a prepararse para cualquier tipo de emergencia.

Si usted tiene preguntas, favor de contactar a su **Principal** Escuela o a su proveedor de asistencia medica. Usted puede llamar a la línea telefónica de la escuela (INSERT SCHOOL NUMBER)

**Usted puede obtener más información de los Servicios de Salud de Marion County:**

Visite la Red <http://health.co.marion.or.us/>.

El sitio Red del gobierno federal tiene información de planificación para individuos y familias: <http://www.pandemicflu.gov>

Cruz Roja Americana <http://www.cruzrojaamericana.org>

Sincerely,

School Principal



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Dear Parents,

This letter will give you information about a flu outbreak in Marion County. Every year, some people get sick with the flu during the fall and winter months. This year, there is a new flu virus that is making many people in Marion County sick. So many people are sick in Marion County and the United States that health officials call it a "pandemic flu."

A lot of students and teachers in our school are sick with the flu. We hope they will all get better quickly.

At this time, the county health department tells us that students who are not ill can safely come to school. The schools will remain open. We will keep you updated with any important information.

**To keep the flu from spreading to more people, we ask you to keep sick children home. Any children who are sick in school will be sent home.**

Public health officials want you to protect yourself and your family against pandemic flu. Here are some ways to stop the spread of germs and sickness:

- Keep children who are sick at home. Don't send them to school.
- Teach your children to wash hands a lot with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- Teach your children to stay away at least three feet away from people who are sick.
- People who are sick should stay home from work or school and stay away from other people until they are better.
- Stay away from shopping malls, movie theaters or other places where there are large groups of people.

We are also giving you some tips about how to care for your family if they are ill.

If you have questions, please contact your School Principal or healthcare provider. You can call the school at \_\_\_\_\_ . You can get more information from Marion County: Visit online at <http://health.co.marion.or.us>.

If the pandemic flu continues to spread and more students become ill, schools may close for days or weeks. The purpose of closing schools will be to keep children from getting sick. If schools are closed, children should stay at home. Begin planning now for childcare in your home.

Recommendations may change during the course of a pandemic flu outbreak.

Sincerely,

School Principal



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Estimados Padres,

Esta carta le dará información acerca de un brote de gripe en el Condado de **Marion County**. Todos los años, algunas personas se enferman con la gripe durante los meses de otoño y invierno. Este año, hay un nuevo virus de gripe que esta enfermado a muchas personas en el Condado de **Marion County**. Tantas personas están enfermas en **Marion County** y en los Estados Unidos que oficiales de salud lo están llamando una "gripe pandémica".

Muchos de los estudiantes y maestros de nuestra escuela están enfermos con la gripe. Esperamos que todos se mejoren rápidamente.

En este momento, el departamento de salud del condado nos dice que estudiantes que no están enfermos pueden continuar yendo a la escuela sin peligro. Las escuelas se quedarán abiertas. Nosotros le mantendremos al día con información importante.

**Para prevenir que la gripe se pase a más personas, nosotros le pedimos que mantenga a niños enfermos en casa. Cualquier niño que llegue enfermo a la escuela será enviado a casa.**

Los oficiales de salud quieren que usted se proteja y proteja a su familia contra gripe pandémica. Aquí están algunas maneras de parar la transmisión de microbios y enfermedad:

- Mantenga a los niños enfermos en casa. No los mande a la escuela.
- Enséñele a sus hijos a lavarse las manos frecuentemente con agua y jabón por un mínimo de 20 segundos. Asegúrese de dar un buen ejemplo haciendo usted lo mismo.
- Enséñele a sus hijos a taparse la tos y estornudo o que estornuden dentro del codo. Asegúrese de dar un buen ejemplo haciendo usted lo mismo.
- Enséñele a sus hijos que se mantengan por lo menos a tres pies de distancia de las personas que están enfermas.
- Personas que están enfermas no deben ir al trabajo o a la escuela y deben evitar otras personas hasta que se mejoren.
- No vaya a los centros comerciales, cines u otros lugares donde hay gran cantidad de gente.

También le estamos dando algunos consejos acerca de cómo cuidar a su familia si están enfermos.

Si usted tiene preguntas, favor de contactar a su **Principal** de la Escuela o a su proveedor de asistencia medica. Usted puede llamar a la línea telefónica de la escuela \_\_\_\_\_.

Usted puede obtener más información de los Servicios de Salud de Contra Costa:  
 Visite la Red <http://health.co.marion.or.us>.

Si la gripe pandémica continúa diseminándose y más estudiantes se llegan a enfermar, pueda ser que las escuelas cierren por días o semanas. El propósito de cerrar las escuelas será para prevenir que los niños se enfermen. Si las escuelas se cierran, los niños deben permanecer en casa. Empiece a prepararse ahora para tener cuidado de niños en su hogar.

Las recomendaciones pueden cambiar durante el brote de gripe pandémica.

**Sincerely,**

**School Principal**



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Dear Parents,

We wrote to you recently to tell you about a pandemic flu outbreak in our community. Here is some new information.

There are now even more students in our school who are ill with this flu virus. Still the county health department tells us that students who are not ill can continue to attend school. The schools will remain open. We will keep you updated with any important information.

**To keep the flu from spreading to more people, we ask you to keep sick children home. Any children who are sick in school will be sent home.**

Public health officials want you to protect yourself and your family against pandemic flu. Here are some ways to stop the spread of germs and sickness and take care of your family

- Keep children who are sick at home. Don't send them to school.
- If some of the people in your home are sick with the flu, keep them away from the people who are not sick.
- If some of the people in your home are sick with the flu and you cannot see a health provider, some things you can do to help them are:
  - Have them drink a lot of liquid (juice, water)
  - Keep the ill person as comfortable as possible. Rest is important.
  - For fever, sore throat and muscle aches, in adults, use ibuprofen (Motrin) or acetaminophen (Tylenol). Do not use aspirin with children or teenagers; it can cause Reye's syndrome, a life-threatening illness.
  - Keep tissues and a trash bag within reach of the sick person.
  - Be sure everyone in your home washes their hands frequently.
  - Contact a healthcare provider for further advice. If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.

Call the school hotline at \_\_\_\_\_ or visit Marion County Health online at <http://health.co.marion.or.us/>.

If the pandemic flu continues to spread and more students become ill, schools may close for days or weeks. The purpose of closing schools will be to keep children from getting sick. If schools are closed, children should stay at home. Begin planning now for childcare in your home.

Sincerely,

School Principal

#4



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Estimados Padres,

Recién le escribimos para decirle acerca de un brote de gripe pandémica en nuestra comunidad. Aquí le mandamos información nueva.

Ahora hay aún más estudiantes en nuestra escuela que están enfermos con este virus de gripe. El departamento de salud del condado todavía nos dice que los estudiantes que no están enfermos pueden continuar asistiendo a la escuela. Las escuelas se quedarán abiertas. Nosotros le mantendremos al día con información importante.

**Para prevenir que la gripe se transmita a más personas, nosotros le pedimos que mantenga a los niños enfermos en casa. Cualquier niño que llegue enfermo a la escuela será enviado a casa.**

Los oficiales de salud quieren que usted se proteja y proteja a su familia contra gripe pandémica. Aquí están algunas maneras de parar la transmisión de microbios y enfermedad:

- Mantenga a los niños enfermos en casa. No los mande a la escuela.
- Si algunas de las personas en su hogar están enfermas con la gripe, manténgalo lejos de las personas que no están enfermas.
- Si algunas de las personas en su hogar están enfermas con la gripe y no pueden ver a un proveedor de cuidado de salud, algunas cosas que usted puede hacer para ayudarlos son:
  - Que beban mucho líquido (jugo, agua)
  - Mantenga a la persona enferma lo más cómodo posible. El descanso es importante.
  - Para la fiebre, dolor de garganta y de músculo en adultos, utilice ibuprofen (Motrin) o el acetaminophen (Tylenol). No utilice aspirina con niños ni adolescentes; puede causar síndrome de Reye, una enfermedad que amenaza la vida.
  - Mantenga pañuelos desechables y una bolsa de basura al alcance del enfermo.
  - Asegúrese que todos en su hogar se laven las manos con frecuencia.
  - Contacte a un proveedor de asistencia medica para obtener mas información. Si la persona enferma tiene dificultad en respirar o sé esta poniendo peor, contacte a su proveedor de cuidado de salud inmediatamente.

Si usted tiene preguntas, favor de contactar a su Enfermera de la Escuela o a su proveedor de asistencia medica. Usted puede llamar a la línea telefónica de la escuela (INSERT SCHOOL NUMBER)

Usted puede obtener más información de los Servicios de Salud de **Marion County**:

Visite la Red <http://health.co.marion.or.us/>.

Si la gripe pandémica continúa diseminándose y más estudiantes se llegan a enfermar, pueda ser que las escuelas cierren por días o semanas. El propósito de cerrar las escuelas será para prevenir que los niños se enfermen. Si las escuelas se cierran, los niños deben permanecer en casa. Empiece a prepararse ahora para tener cuidado de niños en su hogar.

**Sincerely,**

**School Principal**

#5



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Dear Parents,

Marion County health officials and Gervais School District Superintendent have ordered all schools in Gervais School District to close. This order is because of the pandemic flu situation in Marion County. All schools are immediately closed until further notice and children should stay home.

Schools may be closed for days or even weeks to reduce contact among children and stop the spread of the flu.

We know that many students and their families are very sick. We know this is a hard time for our community and our hearts go out to those who are ill.

Because the flu is easily spread from person-to-person, it is not safe for large groups of people to gather. During this time, both children and adults should stay away from other people and groups as much as possible. They should not gather in other locations such as shopping malls, movie theaters or community centers.

We know that it may be hard to get a doctor's appointment, go to a clinic or even be seen in a hospital emergency room. Here are some tips for helping those who are sick with the flu:

- Have them drink a lot of liquid (juice, water)
- Keep the sick person as comfortable as possible. Rest is important.
- For fever, sore throat and muscle aches, use ibuprofen (Motrin) or acetaminophen (Tylenol). Do not use aspirin with children or teenagers; it can cause Reye's syndrome, a life-threatening illness.
- Keep tissues and a trash bag within reach of the sick person.
- Be sure everyone in your home washes their hands frequently.
- Keep the people who are sick with the flu away from the people who are not sick.

For more information, call your healthcare provider or visit Marion County Health Services' website: <http://health.co.marion.or.us/>.

We will contact you as soon as we have information about when school will reopen.

Sincerely,

School Principal

#5



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Estimados Padres,

Oficiales del Condado de Contra Costa han ordenado que todas las escuelas de Contra Costa se cierren. Esta orden fue dada a causa de la gripe pandémica que hay en el Condado de Contra Costa. Todas las escuelas se cierran inmediatamente hasta que haya otra orden y los niños deben de quedarse en casa.

Pueda ser que las escuelas permanezcan cerradas por días y aún semanas para reducir el contacto entre niños y así parar la transmisión de la gripe.

Sabemos que muchos estudiantes y sus familias están muy enfermos. Sabemos que nuestra comunidad esta pasando por un tiempo muy difícil y nuestros pensamientos están con ellos.

La gripe se pasa fácilmente de persona-a-persona así que no es seguro que se reúnan grupos grandes. Durante este tiempo, los adultos y los niños deben de mantenerse lejos de otras personas y de los grupos lo más tiempo posible. No deben reunirse en otras ubicaciones tales como los centros comerciales, los cines ni los centros sociales.

Sabemos que puede ser difícil obtener una cita con el doctor, ir a una clínica y aun ser visto en la sala de emergencia del hospital. Aquí están algunos consejos para ayudar a los que están enfermos con la gripe:

- Beban mucho líquido (jugo, el agua)
- Mantenga al enfermo lo más cómodo posible. El descanso es importante.
- Para la fiebre, dolores de garganta y de músculo, utilice ibuprofen (Motrin) o acetamenophen (Tylenol). No utilice aspirina con niños ni adolescentes; puede causar síndrome de Reye, una enfermedad que amenaza la vida.
- Mantenga pañuelos desechables y un basurero al alcance del enfermo.
- Asegúrese que todos en su hogar se laven las manos con frecuencia.
- Mantenga a las personas enfermas con gripe lejos de las personas que no están enfermas.

Para más información, llame a su proveedor de asistencia medica o visite el sitio Red de los Servicios de Salud de **Marion County**: <http://health.co.marion.or.us/>.

Nosotros le contactaremos en cuanto tengamos información acerca de cuando las escuelas volverán a abrir.

Sincerely,

School Principal

#6



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Dear Parents,

Marion County health officials and the Gervais School District Superintendent have declared the pandemic flu is under control. Our school will open again on \_\_\_\_\_. At this time, students may safely return to class.

Even though school is opening, there are still some people who are sick from the flu virus. And health officials say that pandemic flu outbreaks sometimes happen in waves. This means more people could become sick soon again. If more people get sick, schools may need to close again. We will continue to give you any important information.

Because the flu can still be spread from person-to-person, please keep children who are sick at home. Don't send them to school.

We are looking forward to seeing your children again.

Sincerely,

School Principal

#6



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Estimados Padres,

Oficiales de Salud del Condado de **Marion County** and the **Gervais School District Superintendent** han declarado que la gripe pandémica está bajo control. Nuestra escuela abrirá el \_\_\_\_\_.

En este momento, los estudiantes pueden volver a clase sin peligro.

Aunque la escuela esta abierta, todavía hay algunas personas que están enfermas con el virus de gripe. Y oficiales de salud dicen que brotes de gripe pandémica a veces suceden en ondas. Esto significa que más personas podrían enfermarse rápidamente otra vez. Si más personas se enferman, las escuelas pueden necesitar cerrar otra vez. Continuaremos dándole información importante.

La gripe todavía se transmite de persona-a-persona así que, por favor mantenga a los niños enfermos en casa. No los mande a la escuela.

Deseamos ver a sus niños pronto.

**Sincerely,**

**School Principal**

## TIPS FOR PARENTS COPING WITH PANDEMIC FLU



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### **Plan for an extended stay at home during a flu pandemic.**

- ✓ Ask your employer about how business will continue during a pandemic.
- ✓ Ask your employer if you can work from home during a flu pandemic.
- ✓ Plan for a possible reduction or loss of income, if you are unable to work or your place of employment is closed.
- ✓ Check with your employer or union about leave policies.
- ✓ Plan home learning activities and exercises. Have materials, such as books, on hand.
- ✓ Plan recreational activities that your children can do at home.

### **Items to have on hand for an extended stay at home:**

#### **Examples: Non-perishable foods**

- ✓ Ready to eat canned meats, such as fruits, vegetables, soups
- ✓ Protein or fruit bars
- ✓ Dry cereal or granola
- ✓ Peanut butter and jelly
- ✓ Dried fruit, nuts, trail mix
- ✓ Crackers
- ✓ Canned juices
- ✓ Bottled water
- ✓ Canned or jarred baby food
- ✓ Baby formula
- ✓ Pet food

#### **Health and emergency supplies**

- ✓ Prescribed medical supplies glucose and blood pressure monitoring
- ✓ Soap and water or alcohol based hand wash
- ✓ Medicines for fever, such as acetaminophen (Tylenol) or ibuprofen (Motrin)
- ✓ Thermometer
- ✓ Vitamins
- ✓ Fluids with electrolytes, such as Pedialyte®
- ✓ Flashlight with extra batteries
- ✓ Portable radio with extra batteries
- ✓ Manual can opener
- ✓ Garbage bags
- ✓ Tissues, toilet paper, disposable diapers

### **If someone in your home develops flu symptoms (fever, cough, muscle aches):**

- ✓ Encourage plenty of fluids to drink.
- ✓ Keep the ill person as comfortable as possible. Rest is important.
- ✓ For adults with fever, sore throat and muscle aches, use ibuprofen (Motrin) or acetaminophen (Tylenol).
- ✓ Do not use aspirin in children or teenagers; it can cause Reye's syndrome, a lifethreatening illness.
- ✓ Sponging with tepid (wrist-temperature) water lowers fever only during the period of sponging. Do not sponge with alcohol.
- ✓ Keep tissues and a trash bag for their disposal within reach of the patient.
- ✓ All members of the household should wash their hands frequently.
- ✓ Keep other family members and visitors away from the person who is ill.
- ✓ Contact a healthcare provider for further advice. If the ill person is having difficulty breathing or is getting worse, contact the healthcare provider right away.

*For more information, call your healthcare provider or visit Marion County Health Services' website: <http://health.co.marion.or.us/> or visit the federal government's pandemic flu website: <http://www.pandemicflu.gov>*



# Pandemic Flu Planning Checklist for Individuals and Families

You can prepare for an influenza pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

## ***1. To plan for a pandemic:***

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- Store a supply of water and food. During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.
- Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.
- Have any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for an influenza pandemic.

## ***2. To limit the spread of germs and prevent infection:***

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- Teach your children to wash hands frequently with soap and water, and model the correct behavior.
- Teach your children to cover coughs and sneezes with tissues, and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick. Stay home from work and school if sick.

**3. Items to have on hand for an extended stay at home:**

<b>Examples of food and non-perishables</b>	<b>Examples of medical, health, and emergency supplies</b>
<ul style="list-style-type: none"><li><input type="checkbox"/> Ready-to-eat canned meats, fruits, vegetables, and soups</li><li><input type="checkbox"/> Protein or fruit bars</li><li><input type="checkbox"/> Dry cereal or granola</li><li><input type="checkbox"/> Peanut butter or nuts</li><li><input type="checkbox"/> Dried fruit</li><li><input type="checkbox"/> Crackers</li><li><input type="checkbox"/> Canned juices</li><li><input type="checkbox"/> Bottled water</li><li><input type="checkbox"/> Canned or jarred baby food and formula</li><li><input type="checkbox"/> Pet food</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Prescribed medical supplies such as glucose and blood-pressure monitoring equipment</li><li><input type="checkbox"/> Soap and water, or alcohol-based hand wash</li><li><input type="checkbox"/> Medicines for fever, such as acetaminophen or ibuprofen</li><li><input type="checkbox"/> Thermometer</li><li><input type="checkbox"/> Anti-diarrheal medication</li><li><input type="checkbox"/> Vitamins</li><li><input type="checkbox"/> Fluids with electrolytes</li><li><input type="checkbox"/> Cleansing agent/soap</li><li><input type="checkbox"/> Flashlight</li><li><input type="checkbox"/> Batteries</li><li><input type="checkbox"/> Portable radio</li><li><input type="checkbox"/> Manual can opener</li><li><input type="checkbox"/> Garbage bags</li><li><input type="checkbox"/> Tissues, toilet paper, disposable diapers</li></ul>



# Plan Para Una Gripe Pandémica

## Lista para Individuos y Familias

Usted puede prepararse para una influenza pandémica ahora. Usted debería saber ambas, la magnitud de lo que puede suceder durante un brote pandémico y que acciones usted puede tomar para ayudar a aminorar el impacto de una influenza pandémica en usted y su familia. Esta lista le ayudará a juntar información y recursos que puede necesitar en caso de una gripe pandémica.

### **1. Plan para una pandemia:**

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- Guarde una cantidad de agua y comida. Durante una pandemia, si usted no puede llegar a la tienda, o si la tienda no tiene abastecimiento, será importante para usted tener provisiones a mano. Esto puede ser muy útil en otro tipo de emergencias, como un corte de electricidad y desastres.
- Pregunte a su doctor y aseguranza médica si usted puede tener un abastecimiento extra de sus medicinas regulares.
- Tener medicinas sin prescripción médica y otros a mano, incluyendo remedios para los dolores, para problemas de estómago, remedios para la tos y resfríos, líquidos con electrólitos, y vitaminas.
- Hablar con miembros de la familia acerca de como ellos deberían cuidarse por si se enferman, o que deberan necesitar en caso que hay que cuidarlos en casa.
- Ser voluntario con grupos locales para preparar y asistir con una reacción de emergencia.
- Envolverse con su comunidad como ésta trabaja preparándose para una influenza pandémica.

### **2. Limitar el esparcimiento de gérmenes y prevenir infecciones:**

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- Enseñar a sus niños a lavarse las manos frecuentemente con jabón y agua, sea un modelo de esta práctica/conducta.
- Enseñar a sus niños cuando tosan y estornuden a cubrirse la boca con un pañuelo desechable/kleenex y asegúrese de ser un modelo en esta práctica/conducta.
- Enseñar a sus niños a estar alejados lo más posible de otros si estos estan enfermos. Quedarse en casa si se está enfermo. (No asistir al trabajo o escuela).



**3. Artículos para tener a mano para una estadía prolongada en casa:**

Ejemplos de comidas no peresibles	Ejemplos de medicinas para la salud y abastecimiento para emergencias
<ul style="list-style-type: none"> <li><input type="checkbox"/> Carnes, frutas, vegetales y sopas enlatadas.</li> <li><input type="checkbox"/> Barras de proteína o frutas</li> <li><input type="checkbox"/> Cereales secos o granolas</li> <li><input type="checkbox"/> Crema de maní o frutos secos (almendras, nueces, etc.)</li> <li><input type="checkbox"/> Fruta disecada</li> <li><input type="checkbox"/> Galletas</li> <li><input type="checkbox"/> Jugos enlatados</li> <li><input type="checkbox"/> Agua en botella</li> <li><input type="checkbox"/> Comida de bebés enlatadas o en jarros y fórmula</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Abastecimiento de medicinas prescritas, como glucosa y monitor para la presión arterial sanguínea</li> <li><input type="checkbox"/> Jabón y agua, o líquido para lavar manos en seco a base de alcohol.</li> <li><input type="checkbox"/> Medicinas para la fiebre como acetaminofen o ibuprofen</li> <li><input type="checkbox"/> Termómetro</li> <li><input type="checkbox"/> Medicina para la diarrea</li> <li><input type="checkbox"/> Vitaminas</li> <li><input type="checkbox"/> Líquido con electrolitos</li> <li><input type="checkbox"/> Agentes de limpieza/jabón</li> <li><input type="checkbox"/> Linternas</li> <li><input type="checkbox"/> Baterías</li> <li><input type="checkbox"/> Radio portable/portátil</li> <li><input type="checkbox"/> Abridor de latas manual</li> <li><input type="checkbox"/> Bolsas de basura</li> </ul>

**[www.pandemicflu.gov](http://www.pandemicflu.gov)**

# Gervais School District

P.O. Box 100

Gervais, OR 97026-0100

(503) 792-3801 – Fax (503) 792- 3809

[www.gervais.k12.or.us](http://www.gervais.k12.or.us)

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## PRESS RELEASE

### Gervais School District schools are open but parents should prepare

Gervais School District schools remain open despite the pandemic flu outbreak in the county but parents are asked to prepare for possible closures if the virus continues to spread.

School and county health officials are working together to monitor the situation and parents will be updated with any important information.

“At this time, we believe students can safely attend classes and schools will remain open. Our thoughts are with all of our families and children who are affected,” said Superintendent Glaze.

If the pandemic flu continues to spread and more students become ill, health officials say they may need to order schools closed for a period of time. They urged parents to begin planning now for childcare in their home.

Health officials say parents can help protect their children and prevent the spread of pandemic flu as they would colds and other flu by taking the following precautions:

- ✓ Teach your children to wash hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- ✓ Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow. Be sure to set a good example by doing this yourself.
- ✓ Teach your children to stay at least three feet from people who are sick. People who are sick should stay home from work or school and avoid other people until they are better.

Health officials point out that recommendations may change during the course of a pandemic flu outbreak. For school updates, parents can visit the school district's website at [www.gervais.k12.or.us](http://www.gervais.k12.or.us) or the Marion County Health Services' Health at <http://health.co.marion.or.us/>.

For more information on pandemic flu, visit or the federal government website at [www.pandemicflu.gov](http://www.pandemicflu.gov).

## **SAMPLE KEY MESSAGES FOR SCHOOL OFFICIALS A- OUTBREAK**

- ❑ We know this is an anxious time for our community and our hearts go out to those who are ill. We are working closely with local health officials to deal with the situation and will keep parents updated with any important information.
- ❑ At this time, under the guidance of the county health department, we believe students can safely attend classes and schools will remain open. Our thoughts are with all of our families and children who are affected.
- ❑ If pandemic flu continues to spread and more students become ill, health and school officials may need to close schools for an extended period of time (for example, up to 6 weeks).
- ❑ The purpose of closing schools will be to decrease contact among children in order to decrease their risk of getting sick and to limit the spread of infection. If schools are closed, children should stay at home.
- ❑ We urge parents to plan now for the possibility of schools closing. Arrange day care, and home schooling.
- ❑ Parents can help protect their children and prevent the spread of pandemic flu as they would colds and other flu by taking the following precautions:
  - Teach your children to wash hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
  - Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow.
  - Teach your children to stay away from people who are sick and stay home from work or school if you are sick.
  
- ❑ Recommendations may change during the course of a flu pandemic. We will make public announcements through the media and parents can access the school district's website at [www.gervais.k12.or.us](http://www.gervais.k12.or.us) .
- ❑ For more information on pandemic flu and prevention, visit Marion County Health Services' website at <http://health.co.marion.or.us/>

## **SAMPLE KEY MESSAGES FOR SCHOOL OFFICIALS B- SCHOOL CLOSURES**

- ❑ Marion County health and school officials have ordered the closure of schools as a result of the pandemic flu outbreak in our county.
- ❑ Schools may be closed for an extended period of time (for example, up to 6 weeks).
- ❑ We know this is a difficult time for our community and our hearts go out to those who are ill. We are working closely with health officials to deal with the situation and will keep parents updated with any important information.
- ❑ Because pandemic flu is easily spread from person-to-person, it is unsafe for large groups of people to gather and children should stay home. The purpose of closing schools is to decrease contact among children in order to decrease their risk of getting sick and to limit the spread of infection.
- ❑ During this time, children and adults should stay away from other people and groups, as much as possible. Health officials also advise people should not gather in other locations such as homes, shopping malls, movie theaters or community centers.
- ❑ Parents can help protect their children and prevent the spread of pandemic flu as they would colds and other flu by taking the following precautions:
  - Teach your children to wash hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
  - Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow.
  - Teach your children to stay at least three feet from people who are sick and stay home from work or school if you are sick.
- ❑ Recommendations may change during the course of a flu pandemic. We will make public announcements through the media and parents access can the school district's website at [www.gervais.k12.or.us](http://www.gervais.k12.or.us) .
- ❑ For more information on pandemic flu and prevention, visit Marion County Health Services' website at <http://health.co.marion.or.us/> .