



GUIDELINES ON SCREENING FOR H1N1 INFLUENZA FOR NON-MEDICAL PERSONEL

MEASURING A CHILD'S TEMPERATURE

Some thermometers are more accurate than others. Placement of the thermometer is very important in getting an accurate temperature. Read the manufacturer's instructions prior to screening. Thermometer readings may have different baseline readings and temperature ranges may differ from oral temperature readings, if using a forehead, ear or other scanning thermometer. It is important that the manufacturer's instructions be followed and placement in the ear or on the forehead is correct.

If you have misplaced the manufacturer's instructions or the thermometer has been dropped or damaged, invest in a new one. It is a good idea to keep an extra thermometer on hand. The digital oral thermometers are economical, have disposable probe covers and are more accurate than ear or forehead devices. If using a thermometer with probe covers, be sure to throw the probe containers directly into a wastebasket. Do NOT remove and lay them on a surface and do NOT reuse them.

If you use the digital thermometers, make sure the batteries are replaced often. Keep extra batteries on hand. Disinfect the thermometer between EACH use by cleaning with an alcohol wipe or by following the manufacturer's directions for disinfecting. If results seem inaccurate, take it again or have another person check it.

For the purpose of these screenings, any child with a temperature of 100°F or greater and ANY other flu symptoms like cough and/or a sore throat should not be allowed in school. A child's temperature may spike very quickly. A temperature of 99.5 or greater, even without reported flu symptoms, should be cause for concern and may warrant further evaluation or a return home so parents can monitor them over the next 24 hours.

Remember, temperature is NOT the only assessment. If a child has other flu symptoms, but the temperature is normal, be sure to ask the parents if the child has been given Tylenol or Ibuprofen within the last 4 hours. If the child has been given either medication, the temperature may be lower because of the medication and the child may still be ill.

DAY CARE/CAMP SCREENINGS

- Each morning, ask parents and caregivers to assess the attending children for influenza-like illness, characterized by fever (100°F or greater) and recent onset of one or more of the following symptoms: runny nose, nasal congestion, sore throat, cough or fatigue.
- Daycare employees (and volunteers) should assess themselves for influenza-like illness and stay home if symptomatic.
- Ask parents and staff to call and report any new illness in a child attending your facility or in a sibling of a child attending your facility. Document illness on the form provided to

you by the health department. Children become ill very quickly and teachers/staff must be extremely vigilant in monitoring them.

- Staff should observe children and themselves for influenza-like illness during the day. Any child who is suspected of illness should immediately be removed from the class and given a complete assessment.
- All children should be reassessed prior to lunch (including temperature). Children and staff who are ill should be removed from the classroom and sent home.
- Children or staff with influenza-like illness should stay home and not attend camp/daycare for at least 7 days even if their symptoms resolve sooner. If after 7 days, the child or staff continues to have acute symptoms, he or she should stay home until 24 hours after these symptoms resolve.
- Students and staff with influenza-like illness should stay home and not go into the community unless they need medical care.
- Advise parents and caregivers to consult their physician for further treatment recommendations. Do NOT give medical advice to parents.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

RECOMMENDATIONS FOR ISOLATION ROOM

If a child becomes ill, parents should be notified to pick up child immediately. You must provide a separate room for children if they become ill. If a cot or bed is provided in this room it should be wiped down and linens changed between uses. The surfaces in the isolation room must be sanitized between uses. Provide separate bathroom facilities if possible for ill children. There must be adult supervision of the ill children at all times. The adult must be aware of emergency warning signs (listed above) and instructed to notify the director if the child develops emergency warning signs. If an emergency occurs and parents cannot be reached, determine if EMS should be called to transport child to an emergency facility.

EDUCATE ALL EMPLOYEES ON PREVENTION MEASURES

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Employees that become ill should be removed from caring for children
- Have tissues and hand sanitizers readily available and provide for children
- Educate children on proper hand washing and instruction on covering cough, disposing of used tissues, etc.

FREQUENTLY ASKED QUESTIONS ABOUT CONTAMINATION & CLEANING

How long can influenza virus remain viable on objects (such as books and doorknobs)?

Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for up to 2-8 hours after being deposited on the surface.

What kills influenza virus?

Influenza virus is destroyed by heat (167-212°F [75-100°C]). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time. For example, wipes or gels with alcohol in them can be used to clean hands. The gels should be rubbed into hands until they are dry.

What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk, for example, and then touches their own eyes, mouth or nose before washing their hands.

How should waste disposal be handled to prevent the spread of influenza virus?

To prevent the spread of influenza virus, it is recommended that tissues and other disposable items used by an infected person, be thrown in the trash. Additionally, persons should wash their hands with soap and water after touching used tissues and similar waste.

What household cleaning should be done to prevent the spread of influenza virus?

To prevent the spread of influenza virus, it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.

How should linens, eating utensils and dishes of persons infected with influenza virus be handled?

Linens, eating utensils, and dishes belonging to those who are sick, do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first.

Linens (such as bed sheets and towels) should be washed by using household laundry soap and tumbled dry on a hot setting. Individuals should avoid “hugging” laundry prior to washing it to prevent contaminating themselves. Individuals should wash their hands with soap and water or alcohol-based hand rub immediately after handling dirty laundry.

Eating utensils should be washed either in a dishwasher or by hand, with water and soap.

What is the best technique for washing my hands to avoid getting the flu?

Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner. CDC recommends that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. 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.

ADDITIONAL GUIDANCE

- Refer parents to the CDC website www.cdc.gov/h1n1ful for additional guidance;
- Have available copies of the following CDC guidelines to be distributed to parents:
 - *Interim Guidance for H1N1 Flu (Swine Flu): Taking Care of a Sick Person in Your Home*
 - *What To Do If You Get Flu Symptoms*
 - *H1N1 Flu and You*
- Provide all employees, volunteers, including employees not directly involved in the daycare facility such as maintenance, gym employees, etc. written information including, but not limited to the above handouts and also
 - *General Business and Workplace Guidance for the Prevention of Novel Influenza A (H1N1) Flu in Workers*
- Post appropriate signage such as hand washing instructions, H1N1 information, etc.

REPORTING

Daily fax the line list to the Health Department at 304.348.8149. Also, call immediately, 304.348.1088, to report any increase in absenteeism or multiple reports of illness.