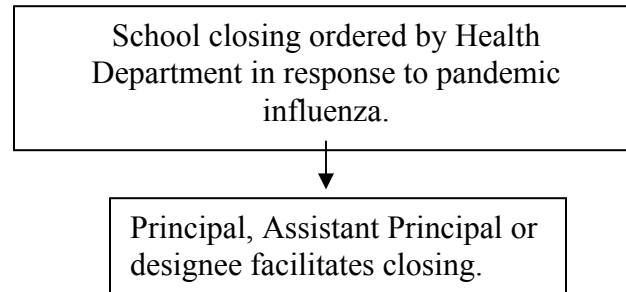


# PANDEMIC FLU PLAN



## SCHOOL IS IN SESSION:

- Principal (or designee) will determine time of school closing (if not already determined by closing of Fairfax County Public Schools).
- Parent/guardian emergency phone tree will be initiated to notify parents of school closure.
- Carpool will be conducted as usual for dismissal.
- Each student will receive an information sheet explaining reason for school closing and methods of communication between faculty and students:
  - School website ([www.nativityschool.org](http://www.nativityschool.org))
  - Moodle (password-protected portion of school website)
  - Telephone tree
  - Electronic newsletter
- Teachers will advise students to bring all books home.
- Notices will be posted on main entrance stating that school is closed (including all activities in the school building) until further notice.

## OUTSIDE OF SCHOOL DAY:

- Nativity Catholic School will follow the Fairfax County Public Schools for closings; this information is available via news reports on local TV and radio stations and also on the FCPS.edu website and Nativity School website.
- Principal will initiate activation of school emergency phone tree advising school staff and students of closure and to check school website and Moodle for further information.
- Communication among faculty and staff members during this period of school closure will occur by phone, school email, or Moodle.
- School answering machine message will reflect this information.
- Notices will be posted on entrances to school.
- Teachers will be advised to activate their Pandemic Flu Education Plan for prolonged school closure.

## Preparing for a Pandemic Flu Outbreak for Parents and Families

*“Planning for a pandemic flu is not just a government issue. It is important that residents understand their individual responsibility to prepare themselves and their families for pandemic flu”* Gloria Addo-Ayensu, M.D., M.P.H., Fairfax County Health Director

**We cannot predict how severe the next influenza pandemic will be or when it will occur, but being prepared may help lower the impact of a pandemic on you and your family.**

### **Know What Pandemic Flu Is**

**Seasonal or common flu** is a respiratory illness that can be transmitted from person to person. Most people have some immunity and a vaccine is available.

**Avian or bird flu** is caused by influenza viruses that occur naturally among wild birds. The H5N1 version of bird flu is deadly to domestic fowl and can be transmitted from birds to humans. There is no human immunity and no vaccine.

**Pandemic flu** is a virulent human flu that causes a global outbreak or “pandemic” of serious illness. Because there is little natural immunity in the human population, the disease can spread easily from person to person. **Currently, there is no pandemic flu in the world.**

A flu pandemic will last much longer than most flu outbreaks and may include “waves” of influenza activity that last 6-8 weeks separated by months. The number of health care workers and first responders able to work may be reduced.

In the event of a pandemic flu outbreak in Fairfax County, officials may need to close schools for an extended period of time (as much as 6 weeks). Begin planning now for childcare in your home. The purpose of closing schools will be to decrease the contact among students thus limiting the spread of the disease. If schools are closed, children should stay home. During this time they should stay away from other people and groups, as much as possible. They should not gather in other locations such as homes, shopping malls, movie theaters or community centers.

## **PREVENTION**

- \* **Wash hands frequently with soap and warm water.**
- \* **Use alcohol-based hand sanitizers when soap and water are not available (should not replace proper and frequent hand washing).**
- \* **Cover coughs and sneezes with a tissue or by coughing into the inside of your elbow.**
- \* **DO NOT cough or sneeze into your hands and wash them immediately if you accidentally do cough or sneeze into them.**
- \* **Stay away from people who are sick and stay home from work or school if you are sick.**

**Parents: reinforce these behaviors by modeling them your self!**

Store a two week supply of food and water, and a two week supply of other items such as diapers, toilet paper, garbage bags, etc. Other things that you normally use and would need to have on hand if you could not leave your home for two weeks. Ask your insurance company about getting an extra supply of medication.

### **FOR INFORMATION ON FLU PLANNING:**

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

[www.vdh.virginia.gov/PandemicFlu](http://www.vdh.virginia.gov/PandemicFlu)

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

For up-to-date guidance/information during a Pandemic Flu Outbreak:

Fairfax County Cable Channel 16

[www.fairfaxcounty.gov/emergency](http://www.fairfaxcounty.gov/emergency)

Fairfax County Emergency Information Line 703-817-7771

*Nativity School will utilize the emergency phone tree, school website and Moodle as means of communication if school is closed. Teachers will post assignments and activities on Moodle to be done while at home.*

### **Plan for an Extended Stay at Home:**

- Ask your employer how business will continue during a pandemic and what ways you could work from home.
- Plan for a possible reduction/loss in income.
- Check on leave policies.
- Plan home learning activities and exercises and have materials such as books on hand.
- Plan recreational activities that your children can do at home.
- Agree on plans with other family members, friends and neighbors ahead of time.
- Decide who will take care of your children if they are sick and must stay home from school or if you are sick and cannot provide care.