

Yellowknife Catholic Schools
H1N1 Pandemic Operational Guidelines
September 23, 2009

Information for parents:

- If your child has flu symptoms please keep them home from school.
- Please call the school and let them know that your child will not be attending school due to illness.
- Call the GNWT flu hotline 920-3026, the 24 hour Health Line at 1-888-255-1010 or go to www.gov.nt.ca and click on the H1N1 button to get information and advice on H1N1.
- If your child starts exhibiting flu symptoms while at school you will be called to pick-up your child (we cannot send a child with flu symptoms home on the bus). Please pick up your child as soon as possible.
- Keep your children home at least 24 hours after they no longer have signs of fever and they feel well enough to participate in all regular school activities

Flu symptoms:

The symptoms of H1N1 are similar to those of other flu and may include:

- fever
- fatigue
- lack of appetite
- coughing and sore throat
- (sometimes vomiting or diarrhea).
- in most cases, full recovery occurs within seven days

Recovery from the flu:

- rest
- drink plenty of liquids
- take warm showers or baths
- cough medicine and fever reducing drugs may help you feel better (remember not to give Aspirin to children – if administering fever reducing medicines – ibuprofen or acetaminophen are better for children)
- do not smoke
- stay home at least 24 hours after you no longer have symptoms

In order to help reduce the spread of H1N1, Yellowknife Catholic Schools has taken a number of steps:

Increased Awareness:

- Coordinated H1N1 planning efforts with GNWT Department of Health and Social Services, Yellowknife Health and Social Services, GNWT Department of Education, Culture and Employment, Alberta School Boards Association, and YK1.
- Active link on website since early spring of 2009
- Distributed hand washing posters to schools
- Public Health Nurses invited to staff meetings to discuss issues with staff
- Public Health presentations to students
- Increased teaching of hand washing skills to students
- Improved opportunity to wash hands before eating

Increased cleaning:

- Janitors have changed cleaning products (to the same one used at Jan Stirling Centre) to one more effective at killing germs.
- Cleaning service enhancements include disinfecting student desks daily, disinfecting door knobs, handrails, light switches and other commonly touched surfaces daily
- Increased stocking of washroom supplies and cleaning of washrooms during the day
- Increased cleaning of school busses

Other Measures

- Attempted to increase substitute availability. Bus company and cleaning company also asked to increase substitute lists.
- Hand sanitizer stations installed at main entrances of each school and in computer labs
- Hand sanitizer bottles distributed to each classroom.
- Developed written instructions for acting administrators
- Encourage school staff to obtain flu vaccine as soon as possible
- Back up plans and cross training is in progress to ensure that essential services are covered in case of illness to critical shared services (CEO, maintenance, janitor, bussing, payroll)