



## Brant Haldimand Norfolk Catholic District School Board

### ADMINISTRATIVE PROTOCOL FOR INFECTION PREVENTION AND CONTROL PRACTICES

Adopted: September 8, 2009

### **Infection Prevention and Control Practices Protocol**

To reduce the spread of H1N1 in schools, certain measures – such as hand hygiene, cough/sneeze etiquette, staying home when ill and keeping the school environment clean – can prevent or reduce the spread of influenza. Students and staff should follow the practices listed below.

#### **Practice Hand Hygiene**

Hand hygiene is the single most important measure for preventing the spread of infections. Students, volunteers and teachers should be encouraged to practice hand washing frequently -- washing their hands with soap and warm running water for at least 15 seconds. Students, staff and volunteers should practice proper hand hygiene:

- Before eating lunch or snacks.
- Before and after food preparation.
- After using the toilet.
- After sneezing or coughing.
- After wiping a child's nose (or a child wiping his/her own nose).
- Before and after using shared equipment, etc.

#### **Practice Respiratory Etiquette**

Respiratory etiquette can also play an important role in reducing the spread of influenza. Students, staff and volunteers should be encouraged to:

- Cough and sneeze into their sleeve (not their hands) or to cover their mouths and nose with a tissue when coughing or sneezing.
- Immediately dispose of used tissues in a garbage can.
- Perform hand hygiene after disposing of tissues.

#### **Avoid Touching Eyes, Mouth and Nose**

Influenza spreads when the respiratory secretions from the mouth and nose of an infected person come in contact with the mouth, nose or eyes (i.e., mucous membranes) of another person. To reduce the spread of H1N1, students and staff should be encouraged to avoid touching their eyes, mouth and nose.

#### **Stay Home When Ill**

Students, staff and volunteers who become ill should be encouraged to stay home until they no longer have a fever and are well. Parents should be encouraged to develop contingency plans for child care should their child become ill with H1N1.

- Students who become ill while at school or arrive at school ill should be separated from other children and supervised by staff or volunteers until they can be picked-up by parents/guardians/designated alternates.
- Supervising staff should give ill students tissues to cover their mouth and nose when coughing and sneezing and try to keep a distance of at least two meters away from ill students and practice frequent hand hygiene.
- Ill students should be encouraged to dispose of used tissues immediately in the garbage can.
- Parents/guardians/designated alternates should be contacted to pick up their ill child as soon as possible and be advised that the child should stay home until they no longer have a fever and are well. Some individuals may experience a cough for days to weeks after infection. Presence of a cough in the absence of other symptoms should not prevent students or staff from returning to school.

### **Alcohol Based Hand Sanitizers**

Students should be encouraged to use the washrooms or classroom sinks with warm water as the first option to practice proper hand hygiene as noted above. However, as facilities are not available in all classrooms we will be providing an “alcohol based hand sanitizer” for each classroom. As alcohol based sanitizers form a small fire hazard they should only be used under adult supervision and in small quantities. The hand sanitizers will be delivered to schools in the next week or so. They must be placed on the teachers’ desks and teachers are to closely monitor the use by students.

For further and updated information you can monitor the Public Health Website at [www.bchu.org](http://www.bchu.org) or [www.hnhu.org](http://www.hnhu.org).