



# PANDEMIC INFLUENZA

## School Planning Toolkit



Public Health Department  
Santa Clara Valley Health & Hospital System



# Get Ready!

# Preparedness



PANDEMIC INFLUENZA School Planning Toolkit

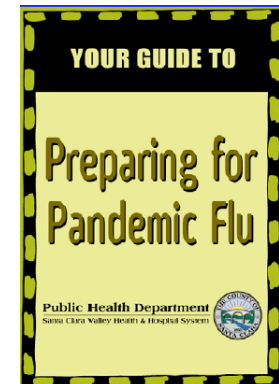
# Overview

---

- How germs are spread.
- Tips to avoid spreading germs and prepare your family.
- Supplies.
- Get your GUIDE at:

[http://sccphd.org/SCC/docs/Public Health Department \(DEP\)/attachments/PHPandemicEng.pdf](http://sccphd.org/SCC/docs/Public%20Health%20Department%20(DEP)/attachments/PHPandemicEng.pdf)

***Change this to a local resource!***



# How Flu Germs Are Spread

---

- Through the air in droplets from sneezes and coughs.
- From hand to hand.
- From hand to eyes, nose, and mouth.
- Flu germs are present before symptoms appear.
- Prevention steps target transmission routes.

# Social Distancing to Avoid Germs

---

- Stay at least three feet away from people who are sick.
- Avoid places where large groups gather, like theaters or malls.
- Avoid shaking hands. Air kisses are definitely out!
- People will be ill before symptoms appear...so keep your distance.



# Cover Your Cough!

---

- Cover mouth and nose with a tissue.
- Cough or sneeze into your upper sleeve if no tissue is handy.
- Put used tissue in the waste basket.
- Wearing a surgical mask can help protect others.

Spread  
the  
News,  
Not the  
Germs !

Stop the spread of germs that make you and others sick!

# Cover your Cough



Cover your mouth  
and nose with a  
tissue when you  
cough or sneeze  
or



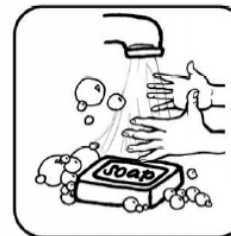
cough or sneeze into  
your upper sleeve,  
not your hands.

Put your used tissue in  
the waste basket.



# Clean your Hands

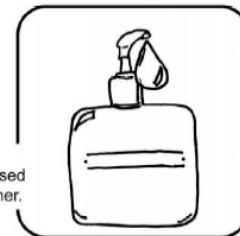
after coughing or sneezing.



Wash hands  
with soap and  
warm water  
for 20 seconds

or

clean with  
alcohol-based  
hand cleaner.



Maryland Department of Health  
117 88 Delaware Street  
Baltimore, MD 21204  
612-676-6414 or 1-877-676-6414  
www.health.state.md.us



Minnesota  
Alliance  
Respiratory  
Disease  
Collaborative





# Wash Your Hands!

---

- Wash with liquid soap and warm water for 20 seconds after coughing or sneezing:
  - After using bathroom
  - Before touching eyes, nose, mouth
  - After touching dirty tissues
  - Before preparing food.
- Dry hands thoroughly with a paper towel and use it to turn off the faucet. A shared towel will spread germs.
- Always throw paper towels into the waste paper basket.
- ***Alcohol-based hand cleaner works, too.***

# Keep Clean!

---

- Disinfect door knobs, switches, handles, and other surfaces.
- Wash cleaning cloths in hot water.
- Throw paper towels into waste paper basket.
- Disinfectant = 1 gallon water mixed with  $\frac{1}{4}$  cup bleach.
  - Mix fresh batch every time you use it.



**Healthy habits help keep your family well.**

# Emergency Supplies

---

- Two weeks worth of food for each family member.
- One gallon water per day per family member.
- Two weeks worth of medicine:
  - Tylenol and cough medicine
  - Prescription medicines.
- Rehydration solution.
- Tissues, paper towels, face masks and plastic gloves.
- Disinfectants and chlorine bleach.
- Cell phone and charger.

