

PANDEMIC FLU SICKNESS PROTOCOL

The flu is a respiratory illness and is caused by a virus which is spread by aerosol (small droplet) transmission. The organisms can be spread from the infected person via droplets in the air caused by coughing or close conversation and then inhaled by another person, thus infecting them. For most people influenza infection is just a nasty experience, but for some it can lead to more serious illnesses. The most common complications are bronchitis and secondary bacterial pneumonia which may become life threatening.

Signs and Symptoms of flu

- Abrupt onset of a high fever and dry cough
- Headache, sore throat, runny or stuffy nose, aching muscles and joints, extreme tiredness, a 'shivering' feeling
- Adults can be ill for a day before symptoms begin, but young children can be infectious for several days prior to showing symptoms.
- You will be infectious for around 7 days after symptoms first appear.
- The flu could make you feel ill and have a temperature for up to a week, but you could feel weak and 'washed out' for several weeks longer.
- All staff and pupils should not come into school if they suspect they are ill with the above symptoms but must inform the school immediately.

What to do

- If staff or pupils develop symptoms during the school day, they should see the School Nurse or in her absence delegated personnel prior to making arrangements for going home.
- Sick pupils/staff waiting to go home must be kept separate from other pupils, in the designated 'sickness' area.
- Staff when looking after sick pupils/staff (in the designated sick area) must use a face mask, disposable gloves and disposable gloves. These must be changed from 'patient' to 'patient'.
- Keep pupil/staff warm, administer painkillers and encourage the patient to drink plenty of liquids and to encourage them to eat what they can.
- The usual procedure for a medical emergency will still apply.
- Everyone must wash their hands according to the Pandemic Flu Infection Control and Personal Hygiene Protocol after contact with a sick person