



Pandemic Flu Preparedness

For all of us, the first line of defense against the flu begins at home. Travelers who have visited areas affected by flu of any kind should monitor their health for seven days after returning to Addis Ababa. No single action will provide complete protection, but an approach combining the following steps can help decrease the likelihood of contracting and/or transmitting a flu virus:

- wash your hands regularly with soap and water.
- avoid touching your eyes, nose and mouth.
- cover your nose and mouth with a tissue when you cough or sneeze and dispose of the tissue promptly.
- keep hard surfaces at home (e.g. door handles, countertops) clean using a normal cleaning solution.
- avoid close contact (i.e. being within about 6 feet) with persons who have flu-like symptoms.
- limit your contact with other people.
- maintain at home a two week supply of drinking water, food and medical supplies to help avoid the need to travel out of the house during the peak of a local epidemic.

People who are sick with a flu-like illness will exhibit the following symptoms:

- fever, plus at least cough or sore throat, and
- possibly other symptoms like runny nose, body aches, headaches, chills, fatigue, vomiting and diarrhea)

If you have these symptoms you should stay home and minimize contact with others, including avoiding travel, for 7 days after the symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. If you remain concerned, contact your clinic or call our School Nurse.

The International Community School of Addis Ababa maintains a response rubric for managing the school when faced with various levels of pandemic flu threat. Please see below:

International Community School of Addis Ababa-Pandemic Response Rubric (updated July 27, 2009)

Levels are defined by the presence of the following within the school locality:	Communication	Campus Access	Educational Delivery	Co-Curricular Program	Community Gatherings Events/Field Trips/Travel	Personnel	Emergency Care	School Operations/ Canteen
<p>Level One (Low Risk)</p> <ul style="list-style-type: none"> • First pandemic flu cases reported in country. • No reported cases in local community. • School community (employees, students, parents) requested to monitor family and household staff for flu symptoms and to take temperature daily. If 38C or >, do not come to school. 	<ul style="list-style-type: none"> • Use of periodic e-mail to school community to provide information. • Use of weekly newsletter and/or website to provide more extensive information. Primary sources of information: U.S Embassy, host government, WHO 	<ul style="list-style-type: none"> • Access to campus as per normal school policy 	<ul style="list-style-type: none"> • Regular School program • Daily homework provided by teachers for any student staying at home 	<ul style="list-style-type: none"> • All regularly scheduled activities allowed. 	<ul style="list-style-type: none"> • Field trips allowed, as per normal school policy. 	<ul style="list-style-type: none"> • Normal working conditions. • All school employees returning from affected areas have their health monitored for 10 days by the School Nurse. 	<ul style="list-style-type: none"> • See physician if temperature is 38C or greater. • Consider facilitating flu vaccinations on campus, encourage hand-washing and healthy living habits. 	<ul style="list-style-type: none"> • Normal cleaning and maintenance Daily disinfecting by cleaning personnel. • Review food handling procedures with staff.
<p>Level Two (Moderate Risk)</p> <ul style="list-style-type: none"> • First pandemic flu case reported in city. • Increasing number of cases reported in country. • School community (employees, students, parents) requested to monitor family and household staff for flu symptoms and to take temperature daily. If 38C or >, do not come to school. 	<ul style="list-style-type: none"> • Frequent email updates to school community on status of pandemic flu in country and impact on school program. • Updated hospital/clinic directory forwarded to school community. • Direct instruction by School Nurse to ensure students and employees understand protocol and proper hygiene. • Active surveillance for individuals with flu symptoms by School Nurse with all incidents reported to the school administration. • Frequent communication by the School Nurse with embassy, private and governmental health units. 	<ul style="list-style-type: none"> • School open to staff, students, parents only. ID required. • Anyone else by appointment only to minimize visitors. • School community with temp of 38C or > reports to School Nurse. • Visitors observed by gate security staff for flu symptoms. Visitors with symptoms escorted to School Nurse for additional screening, and cleared before continuing their campus visit. 	<ul style="list-style-type: none"> • Regular school program • Daily homework provided by teachers for any student staying at home. 	<ul style="list-style-type: none"> • All scheduled co-curricular programs allowed, except to affected areas or visitors from affected areas. 	<ul style="list-style-type: none"> • All events reviewed by the school administration in consultation with the School Nurse. 	<ul style="list-style-type: none"> • Normal working conditions. • All faculty and staff report to work after assessing temperature at home 	<ul style="list-style-type: none"> • School Nurse will determine whether individual who has recovered from flu may return to school. • If temperature of 38C or >, individual must leave the school campus immediately. 	<ul style="list-style-type: none"> • Continual disinfecting of hard surfaces throughout the day. Full hard surface disinfection weekly.
<p>Level Three (Medium Risk)</p> <ul style="list-style-type: none"> • First pandemic case reported within school community. • Increased spread of pandemic flu in city with transfer in public places • Take temperature twice daily. If 38C or > do not come to school. 	<ul style="list-style-type: none"> • Frequent (several times per week) updates to the school community. • Daily classroom updates by School Nurse and/or classroom teacher to explain situation and to emphasize proper hygiene. • Continued surveillance along with daily communication by the School Nurse with embassy, private and governmental health units. 	<ul style="list-style-type: none"> • Anyone with temperature of 38C or >, reports to the School Nurse. • Closed campus: no one allowed off campus during day except maintenance and administrative staff as required. (No non-school community visitors). Visitors by appointment only and escorted to School Nurse for temperature and symptom screening, and cleared before continuing their campus visit. 	<ul style="list-style-type: none"> • Regular school program adapted-minimize student to student contact. • Daily homework provided by teacher for any student staying at home. • All students exit campus by 3:30. 	<ul style="list-style-type: none"> • Co-curricular programs suspended • Large gatherings not allowed. 	<ul style="list-style-type: none"> • All special events, field trips, travel etc. discontinued. • No large faculty or staff gatherings • Field trips discontinued. 	<ul style="list-style-type: none"> • All faculty and staff report to work only after assessing temperature at home. • School administration evaluates the ability of the school to maintain operations given the levels of employee illness and absence. 	<ul style="list-style-type: none"> • School Nurse determines if individual who has recovered from flu may return to school. • If temperature is 38C or >, individual must leave the school campus. • Use hospitals/clinics best suited for pandemic flu prevention and containment. 	<ul style="list-style-type: none"> • Limited on site food services provided. Food service staff wears gloves and masks. Showers required prior to start of shift. • Disinfecting of hard surfaces throughout the day. Full hard surface disinfection twice weekly.

Level Four (High Risk)

• Spread of pandemic flu within the school community.

- School Director directs the school to be closed for limited duration (up to one week).
- School Board approves closure of the school for an unlimited duration.
- Government directs school to close

- Frequent (several times per week) email updates to the school community.
- Current school status posted on the school website.

- No classes held on campus.
- School facility closed to all but essential personnel for indeterminate period of time.
- School quarantine, no visitors.

- No classes held on campus
- Missed school days may be made up on weekends and/or holidays and/or additional days added at the end of the school year. IB exam classes may be conducted on line through email should conditions permit.

- Not applicable – school facility closed.

- Not applicable – school facility closed

- School administration evaluates the ability of the school to reopen and to schedule any necessary 'make-up' days.

- Not applicable – school facility closed.
- Use hospitals/clinics best suited for pandemic flu prevention and containment

- Only necessary cleaning and maintenance.
- Preparation for school-wide cleaning and disinfecting prior to reopening the campus.