

Pandemic Preparedness Plan Fact Sheet

Lambton Kent District School Board Pandemic Plan focuses on keeping students & staff safe

What is a pandemic?

A pandemic is any infectious disease that spreads quickly. A likely form of pandemic might be influenza—pandemic flu is a new highly infectious viral respiratory illness that occurs when a new strain of the flu virus appears and spreads quickly. Humans will have little or no immunity to this new virus.

When will the pandemic happen?

Experts can't predict when the next pandemic might occur, but historically they happen three to four times every 100 years. The World Health Organization and federal, provincial and local health authorities have begun pandemic preparedness planning.

If a pandemic is confirmed in Ontario, the Lambton Kent District School Board will activate its pandemic plan. During a pandemic, the Board will follow the advice and guidance of provincial and local public health officials who have the expertise to assess the level of health risk posed by a specific situation.

Our priority during a pandemic is to keep schools open as long as it is safe to do so or unless otherwise advised by Ontario public health authorities. If the health and safety of staff and students become concerns, the board will consider school and site closures.

Will activities continue as usual during a pandemic?

The Lambton Kent District School Board will continue to provide its regular services and operate as usual if a pandemic is declared outside of Ontario. Once a pandemic is declared in Ontario, the Board will activate its pandemic preparedness plan. As a result, many activities will continue, but may operate in a drastically different way. While schools are open during a declared pandemic in Ontario, normal program expectations and service levels may not be met.

How can someone with the flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu?

1. Wash your hands often using soap and water or an alcohol-based hand sanitizer. Ensure hands are washed:
 - after coughing, sneezing or blowing you nose
 - after shaking hands
 - before putting in contact lenses
 - before touching you face
2. Avoid touching your face as much as possible.
3. Cough and sneeze into a tissue or your elbow. Throw out used tissues.
4. Do not share objects that have been in other people's mouths, e.g. toothbrushes, drinks and water bottles, unwashed utensils, cigarettes, lip products, and mouthpieces of musical instruments.
5. Frequently clean common surfaces such as keyboards, doorknobs, countertops, etc.

What should I do if I get sick?

Stay home if you feel sick. Adults with influenza symptoms should stay home for at least 7 days and children should stay home for at least 10 days. If you are still not better at that time, stay home until you feel well for one full day.

Can I get flu influenza from eating or preparing pork?

No H1N1 influenza viruses are not spread by food. You cannot get H1N1 influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

During a declared pandemic in Ontario, how will the Lambton Kent District School Board keep its employees and community informed?

The Lambton Kent District School Board is committed to ensuring that all employees, students, parents and members of the community be kept up-to-date on its plans. The Board has developed a comprehensive communications plan to ensure that all of its audiences are kept informed prior to and during a declared pandemic outside of Ontario, and when it is confirmed in Ontario.

During a declared pandemic in Ontario, the Board will provide overall information and status of schools through the Lambton Kent District School Board website—www.lkdsb.net.

For additional information through the following agencies and websites:

Chatham-Kent Public Health Unit

www.chatham-kent.ca

519-352-7270

County of Lambton Community Health Services Department

www.lambtonhealth.on.ca

519-383-7092

Ministry of Health and Long-Term Care

http://www.health.gov.on.ca/english/public/updates/archives/hu_09/swine_flu.html

Public Inquiry Line 1-800-476-9708 Hours of Operation: 8:00 am – 8:00 pm (7 days a week)

Telehealth Ontario

1-866-797-0000

The Center for Disease Control

<http://www.cdc.gov/swineflu/>

Public Health Agency of Canada

http://www.phac-aspc.gc.ca/alert-alerte/swine_200904-eng.php

1-800-454-8302

The World Health Organization

<http://www.who.int/csr/disease/swineflu/en/index.html>