



# Pandemic Influenza

## Planning Checklist for Family Child Care

2009

August 7, 2009

Adapted from *CHILDCARE AND PRESCHOOL PANDEMIC INFLUENZA PLANNING CHECKLIST*, Department of Health and Human Services, USA

Child care settings play an important role in the health and well being of the children, families and providers involved in these programs. In the event of an influenza pandemic, it is important to be prepared by having a plan in place to deal with the effects of the pandemic and reduce the negative impact on children, families and child care providers.

A pandemic plan may include some policies and procedures already in place while others may need to be modified or developed.

The following checklist provides some guidance on what you may need to consider before and during an influenza pandemic. This checklist may be adapted to address your specific needs. More information on pandemic influenza is available at

[www.gov.nl.ca/health](http://www.gov.nl.ca/health) .

#### Planning and Coordination

- Develop a plan for dealing with a flu pandemic
- Identify the ways a flu pandemic might affect your child care program. Consider what you will do, for example, if your family members become sick, if you are sick, if children that you care for become sick
- Review current illness policies and modify if necessary
- Plan on how you will continue to provide services during a pandemic
- Identify reliable sources of information
- Monitor the latest news and public health warnings and advisories
- Learn about resources and supports available in your community
- Encourage parents to have back-up child care in place in case it is needed
- Consider the requirements of children with special needs
- Share your plan with other members of the child care sector in your area to provide mutual support and possibly work together to pool resources

#### Communications

- Make sure that parents (and substitutes) are aware of the pandemic plan and their roles and responsibilities in the event of a flu pandemic
- Determine your methods for keeping in touch with parents
- Allocate space on your parent information board for relevant articles, information and updates
- Pass on information found at the Department of Health and Community Services website at [www.gov.nl.ca/health](http://www.gov.nl.ca/health) and at [www.fightflu.ca](http://www.fightflu.ca)

## Infection Control

- Prevention is the best approach
- Review the infectious disease and managing illness sections of *Standards and Guidelines for Health in Child Care Settings*
- Keep common surfaces clean and disinfected
- Always follow Universal Precautions when handling blood or other body fluids
- Increase monitoring of children's hand hygiene and remind everyone to Clean, Cover, Contain
- Strictly enforce exclusion policies: children who are ill must stay at home until they have recovered
- Remind parents of your policy regarding illness in your family
- Arrange an area where ill children can be away from the others until they are picked up to go home
- Advise parents that ill children should not be taken to another child care setting, even for a short time
- Keep a good supply of items you will need to help control the spread of infection (for example soap, hand sanitizer, paper towels, tissues)
- Consider getting an annual flu shot
- Inform families that the *Public Health Agency of Canada* recommends annual flu shots for all children 6-23 months and all Canadians 2-64 years are encouraged to receive the influenza vaccine
- Contact your community/public health nurse if you have specific concerns or questions

## Local Public Health Contact Phone Numbers

Region	Phone Number
Eastern Urban	752-4882
Eastern Rural	229-1603
Central	651-6238
Western	637-5417
Labrador-Grenfell	897-2137
After Hours	1-866-270-7437