

## Recommendations for NCYC Group Leaders Concerning H1N1 Virus

*These recommendations are designed to supplement the NFCYM statement on Novel influenza A/H1N1 Virus prepared for NCYC Group Leaders. Please use the following helpful hints in developing a proactive plan for handling the H1N1 flu virus while attending the 2009 NCYC in Kansas City. These may also be used as general guidelines for other ministry settings.*

1. If you have not already done so, select a qualified adult to serve as the group's medical coordinator.
2. In consultation with the medical coordinator, develop a response plan to be implemented if/when someone is suspected of illness. Your response should include a communication plan of who is notified, a quarantine plan (which may require shuffling or acquisition of additional hotel rooms), a staffing and transportation plan for attending to the sick, and budget implications for the above.
3. Set time aside at information sessions before NCYC as well as orientation sessions at NCYC for your group's medical coordinator to do a brief address to the entire group, and a more specific one with chaperones, covering the following areas:
  - Good hygiene and how to avoid passing along germs (see #3).
  - Identifying flu symptoms: *"Influenza-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting"* (<http://www.cdc.gov/h1n1flu/>).
  - The appropriate response in case of flu infection during NCYC.
4. Communicate the importance of healthy hygiene. Some helpful tips to be sure ALL are aware of include:
  - Wash hands frequently with soap and water or an alcohol based hand sanitizer (should be at least 60% alcohol).
  - Cover your mouth and nose with a tissue when you cough or sneeze.
  - Put used tissues in a waste basket.
  - Cough or sneeze into your upper sleeve if you don't have a tissue (not into your hands).
  - Clean your hands after coughing or sneezing. Use soap and water or an alcohol-based hand cleaner.
  - Stay at home (or the hotel) if you are sick.
  - If you have a fever (above 100° F), stay home/hotel for at least 24 hrs after that fever has ended (without the use of fever reducing medications).
  - Avoid sharing drinks, food, snacks or candies out of the same bag or which are unwrapped, and make-up (especially lipstick/gloss).
5. Be sure you have sufficient medical supplies on hand to assess and protect from the flu: thermometers, face masks for caretakers, protective gloves, acetaminophen, ibuprofen, alcohol-based sanitizer, and alcohol-based swabs.

6. Be sure health forms ask parents if fever reducing medications can be given to a teen. If not, have the medical person contact the parent/guardian directly before giving any fever-reducing medication. Fever-reducing medications are medicines that contain acetaminophen (such as Tylenol) or ibuprofen (such as Motrin). These medicines can be given to people who are sick with flu to help bring their fever down and relieve their pain. Aspirin (acetylsalicylic acid) should not be given to children or teenagers who have flu; this can cause a rare but serious illness called Reye's syndrome.
7. Find out what H1N1 vaccination plans are in effect for your area or local school district and encourage parents to have their teens vaccinated at the earliest possible opportunity. Timing is crucial since two separate vaccines are required which must be administered several weeks apart with the vaccination not being in full effect until two weeks after the final vaccination is given.
8. Encourage each person to carry alcohol-based hand sanitizer in their backpack daily.
9. Further information on resources, updates and advice can be found at:
  - **Preparing for the Flu: A Communication Toolkit for Schools:**  
<http://www.cdc.gov/h1n1flu/schools/toolkit/pdf/schoolflutoolkit.pdf>.
  - **Center for Disease Control:** <http://www.cdc.gov/h1n1flu/>
  - **Government Info on Flu:** <http://www.flu.gov/index.html>
  - **Subscribe for immediate e-mail updates from the CDC:**  
<http://www.cdc.gov/emailupdates/index.html>