

# GIRL SCOUTS – WESTERN OKLAHOMA

## H1N1 Virus Plan For Volunteers

- Definition:** A H1N1 Pandemic for council purposes is identified as the widespread outbreak that directly affects girl programs.
- Objective:** The objective of the Plan is to reduce risk and danger to the H1N1 Virus, communicate these risks and actions to volunteers and staff.
- Strategy:** The strategy of the plan is to establish guidelines to prepare volunteers to act quickly and efficiently to contain the virus.
- Policy:** In a H1N1 Pandemic crisis, the priorities of Girl Scouts–Western Oklahoma will be:
- First: Prevention of the Virus
  - Second: The well being of the Girls
  - Third: Plan of Action for Volunteers

## H1N1 Pandemic Plan

**Symptoms** of the H1N1 Virus (The Virus) include:

Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue, diarrhea and vomiting.

**Spreading** of the H1N1 Virus is completed through:

Coughs and sneezes, touching of contaminated surfaces (elevator buttons, doorknobs, keyboards) and then eyes, nose or mouth

**Risks** for complications from the H1N1 Virus are highest for:

Pregnant women, anyone with chronic health disorders (Asthma, COPD, diabetes, heart disease, kidney disease), children under 5 years and adults over 65 years

Most of the deaths that have occurred have been adults under the age of 50

## **Priority #1: Prevention**

As with any virus, prevention is the best action to ensure health and safety.

Provide surface sanitizers, hand sanitizer, tissues, soap and paper towels at all volunteer meetings and at any gathering with girls.

Educate volunteers and parents regarding the spread of The Virus and other flu's with the use of education materials from the CDC and the Oklahoma Department of Health which is available through the Council office.

1. Cough/Sneeze "Etiquette"
  - a. Cover mouth and nose with tissue; then trash
  - b. If tissues not available, use elbow/shoulder, not hands
2. Hand Washing
  - a. Soap and water for 20 seconds (hum 'Happy Birthday')
  - b. If not available, hand sanitizer
    - i. Before and after preparing food or eating
    - ii. After using the restroom
    - iii. Before and after touching nose, eyes or mouth

If available, share information with parents and volunteers where flu shots are being offered in your communities – usually health departments, pharmacies, etc.

## **Priority #2: Well being of Girls**

1. Monitor any possible symptoms at meetings.
2. Share above prevention and safety information with volunteers and parents.
3. Take appropriate action if outbreak is reported in your area.

## **Priority #3: Plan of Action for Volunteers**

If a pandemic is issued for your area, please follow the following guidelines:

1. Notify your FME immediately. The FME will make contact with appropriate Council staff for further action.
2. Cancel any planned girl or adult volunteer events – post on troop websites.
3. Notify Service Unit staff of any cancellations.
4. Service Unit staff should notify any and all volunteers/parents in the affected area.
5. Notify any vendors or locations of cancellations pending upgrade of health status.
6. Troop leaders monitor the condition of any girls in a troop who experienced the symptoms and are under a doctor's care. Report any changes to the Service Unit Leader.
7. Service Unit Leader should contact their FME with those updated health reports.

8. Do not contact the press about a story. Any and all media contacts will be handled through the Council's Communications Department. Please refer all media requests to the Council Communications Department.

**Summary:**

Using Prevention, Planning and Communication we can maintain normal Girl Scout functions. By providing the prevention items as indicated, educate parents and volunteers, we can contain a mild outbreak of the H1N1 Virus.