


## COBB COUNTY COMMUNITY SERVICES BOARD

<b>Policy # 3022</b>	<b>Influenza and Cold Prevention</b>
<b>Origination Date: September 30, 1997</b>	
<b>Revision Date: January 6, 2004; March 30, 2006; June 6, 2007; August 5, 2009; August 5, 2010; September 23, 2013; February 23, 2016; April 6, 2018, August 12, 2019</b>	
<b>Reviewed Date: July 28, 2008; September 20, 2012</b>	
<b>Approved:</b> 	
<b>Foster Norman, Executive Director</b>	

### **POLICY:**

It is the policy of the Cobb County Community Services Board to encourage individuals served and staff to receive a Flu vaccine during the Flu season. It is important that the agency take measures and precautions to prevent the spread of Influenza.

### **PROCEDURE:**

#### **A. Vaccination:**

1. During the months from September through November, and as advised by the CDC, clients/individuals and staff of residential and day programs sites will be encouraged to receive the Flu vaccine from their primary health provider.
2. There is no vaccination for the common cold.

#### **B. The Spread of the Cold and Flu**

1. Persons with the cold or Flu can spread droplets from the mouth and nose within three to six feet.
2. A virus can also be spread by close contact, such as shaking hands or kissing someone who has a cold or Flu.
3. Persons infected with the Flu virus can spread the Flu virus to others one day before they feel sick and up to five days after getting sick.
4. Symptoms of the Flu can start anywhere from one to four days after exposure to the Flu.

##### Flu virus symptoms:

- a. Usually high fever
- b. Muscle aches
- c. Pains
- d. Headache
- e. Feeling tired and weak
- f. Chest discomfort
- g. Coughing
- h. Runny or stuffy nose
- i. Sore throat
- j. Nausea, vomiting and diarrhea seen more in children.

##### Cold virus symptoms:

- a. Blocked or runny nose
- b. Red watery eyes

- c. A sore throat
- d. Coughing
- e. Sneezing
- f. Feeling generally unwell

D. How to prevent the spread of Flu or cold

1. Cover the mouth and nose with a tissue when sneezing and coughing; then properly dispose of the used tissue immediately.
2. If tissues are not available, the CDC recommends sneezing or coughing into the upper sleeve rather than into the hand. .
3. Wash hands and use hand sanitizer often.
4. Stay home if showing/exhibiting any signs of illness.
5. Avoid close contact with other people.
6. Treat the cold or Flu by:
  - a. Getting plenty of rest
  - b. Drinking Fluids
  - c. Using medications as ordered to reduce fever
  - d. Taking medications as prescribed by a health care provider

E. The CDC recommends a person should stay home for a least 24 hours after the fever is gone without fever-reducing medicine.

F. Individuals who have a compromised immune system will be referred to their Health Care Provider.

G. All children and pregnant women will be referred to their Health Care Provider.

H. Ongoing CDC updates on pandemic Flu status are relayed to staff and clients as needed.

**Behavioral Health Crisis Center (BHCC)/Crisis Stabilization Unit (CSU)**

A. If a/an individual presents to the BHCC/CSU with suspected symptoms of the flu, he/she is rerouted to the local emergency room via medical transport to receive medical clearance.

1. Any infected areas are sanitized and cleaned per protocol (Policy #3003) to prevent the spread of the illness to any other individuals.

B. If a current individual at the BHCC/CSU presents with suspected symptoms of the flu, he/she will be sent to the local emergency room via medical transport to receive medical clearance.

1. This individual's room and other impacted areas will be sanitized and cleaned per agency protocol (Policy #3003) to prevent the spread of the illness to any other individuals on the unit.

C. If a widespread outbreak of influenza occurs, the protocol listed in the agency's Infection Control Plan (Policy #3021) will be followed.

D. An individual who presents and/or develops symptoms of a cold can be admitted to/remain at the BHCC/CSU. The client/individual will be monitored to ensure his/her symptoms do not change or develop into anything more serious, i.e. the flu. If the individual's symptoms do change, these symptoms will be treated based on the suspected illness.

***Related Policies - This plan/policy should be used in conjunction with the following policies:***

- a. ***Infection Control Plan – Policy #3021***
- b. ***Exposure Control Plan – Policy #3037***