

YMCA Texas Youth and Government Conference – Flu Advisory , January 2018

Dear Advisor:

Texas is currently experiencing a peak Flu season. This year's Flu strain(s) are very virulent. As a result we are implementing the following policies and practices:

- **Students, Advisors or Staff demonstrating symptoms of Flu are not to attend the conference.**
- Students, Advisors or Staff who have recently had the Flu must be fever free for at least a consecutive 24 hour period.
- Students, Advisors or Staff who demonstrate symptoms for Flu or similar illness must be reported to Conference security and safety staff immediately. Typical symptoms are:
 - Sudden or Excessive Fatigue
 - Body Aches or Chills
 - Cough
 - Sore Throat
 - Fever
 - Gastrointestinal problems
- Isolation practices will be taken to remove ill participant from contact with conference attendees.
- A student parents will be notified and required to pick up participants at the conference as soon as possible. Until that time students will be isolated from conference. All personal items will be packed and removed from student's room.
- Housekeeping will be asked to clean rooms and change bedding and linens.
- Roommates will be monitored for remainder of conference.
- All attendees are to practice personal sanitary protections (cough suppression and handwashing regularly).

Protective Actions 2017/2018 Flu What are everyday preventive actions?

- Try to avoid close contact with sick people.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Emergency symptoms – These symptoms require immediate consult with EMS or Physician

The flu is a progressive illness. This means that symptoms will worsen before they get better. Not everyone responds the same to a virus. Your overall health can determine the severity of your symptoms. The flu virus can be mild or severe. Seek immediate medical care if you have the following symptoms:

- chest pain
- breathing difficulties
- bluish skin and [lips](#)
- severe dehydration
- [dizziness](#) and confusion
- recurring fever
- worsening cough