

Rules and Regulations

Administrative Regulations
Policy 123.0
Influenza



Purpose:

The purpose of this policy is to ensure proper manning of the fire department during times of influenza or pandemic outbreaks.

With flu season upon us and the concerns involving H1N1, we must put some precautionary measures into place to protect ourselves and the community. It is important that we stay as healthy as we possibly can in order to protect our community. The following policy is in effect in the hopes to prevent or at least reduce the possibility of infection from the flu. In the event you get the flu or have flu like symptoms we do not want you to respond to fire calls, come to training, or come in contact with anyone from the fire department. We need to contain the spread to as few of our personnel as possible. Additionally, please take all universal precautions such as washing your hands often, covering your cough by coughing or sneezing into your elbow, etc.

You may have the flu if you have some or all of these symptoms:

- fever
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

If you have any of the following warning signs seek emergency medical help right away:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Some people are more likely to get flu complications and they should talk to their health care provider about whether they need to be examined if they get flu symptoms this season. They are:

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who have:
 - Cancer

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- Blood disorders (including sickle cell disease)
- Chronic lung disease [including asthma or chronic obstructive pulmonary disease (COPD)]
- Diabetes
- Heart disease
- Kidney disorders
- Liver disorders
- Neurological disorders (including nervous system, brain or spinal cord)
- Neuromuscular disorders (including muscular dystrophy and multiple sclerosis)
- Weakened immune systems (including people with AIDS)

Also, it's possible for healthy people to develop severe illness from the flu so anyone concerned about their illness should consult their health care provider.

Policy:

In the event you get the flu or have flu like symptoms take the following actions

Firefighters:

Contact your crew officer as soon as possible and advise them that you are sick. The crew officer will find coverage for you while you are sick.

Officers:

Contact the assistant chief or the chief, and they will find coverage for you while you are sick.

You will be relieved from the duty of responding to calls; coming to training and other department activities until 24 hours after your fever is gone. (Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®.) You should stay home from work, school, travel, shopping, social events, and public gatherings. You need to avoid contact with other people except to get medical care.

In the event that a crew falls below four (4) available personnel we will implement General Alarm for all incidents. In the event that our response falls below nine (9) personnel, we will implement the pandemic response plan.

This policy will be in effect for as long as necessary and may be amended as needed.