



# Are You Ready?

**ALWAYS** be prepared for a possible emergency situation.

**Have a two-week supply of food, water, and medication for each member of your family—including your pets!**



**2-week food/water supply for you and a pet  
Total Cost: \$200.18**

If you can't get it all at once, buy a few extra supplies each week until you're stocked up!

## Sample Shopping List (for one person)

Cereal (2 boxes)	Canned meat (x 7)	Noodles (1 package)
Boxed/powdered milk (2.5 gallons)	Canned pasta (x 3)	Saltines (2 boxes)
21 gallons of water	2 gallons juice	Graham crackers (1 box)
1 box hot tea	Mayo (x1)	Apple sauce (2 packages)
1 cup sugar	Relish (x 1)	Granola/protein bars (2 boxes)
Canned fruit (x 14)	Mustard (x 1)	Beef Jerky (2 bags)
Ramen (x 7)	Rice (7 boxes)	Dried fruit and nuts (2 bags)
Soup (x 7)	Beans (x 4)	Raisins (1 container)
Peanut butter (x 1)	Tortillas (1 package)	Multivitamins
Jelly (x 1)	Salsa (1 jar)	Prescription Medication
Bread (x 2 loaves)	Refried beans (x 4)	Pet Supplies
Canned vegetables (x 14)	Spaghetti sauce (1 jar)	

**For More Information:**  
[www.emergency.cdc.gov](http://www.emergency.cdc.gov)  
[www.pandemicflu.gov](http://www.pandemicflu.gov)



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## **HAND WASHING GUIDELINES**

### **Why should I wash my hands?**

Germ (bacteria or virus) such as the flu viruses, which causes illnesses may be on your hands.

### **When should I wash my hands?**

- Before eating.
- After using the bathroom
- After blowing or wiping your nose.
- After you cough or sneeze into a tissue.
- Upon arriving home from school to prevent bringing germs from school into your home.

### **How should I wash my hands properly?**

1. Use soap and running water
2. Rub your hands vigorously for at least 15 seconds (It's the amount of time it takes to sing Happy Birthday or your ABC's)
3. Wash all surfaces including back of hands, wrists, between fingers, under fingernails.
4. Rinse well.
5. Dry hands well with paper towel.
6. **TURN OFF THE FAUCET WITH THE PAPER TOWEL.**  
(You should never use your clean hands to turn off the faucet since you could pick up the germs that were on your hand when you turned on the faucet).

# Wash Your Hands!

## WHY?

Washing your hands is the best way to prevent the spread of illness.

## HOW?

Scrub fingers, wrists, and palms for at least 20 seconds using soap and water.

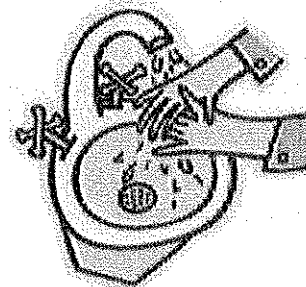
## WHEN?

### After you...

- Use the bathroom
- Cough, sneeze, or blow your nose
- Handle uncooked food
- Play with a pet
- Handle garbage
- Help someone who is sick or injured
- Change a diaper

### Before you...

- Prepare or eat food



Anytime your hands look, feel, or smell dirty, wash them!  
*Wash them well, and wash them often!*



Broward County Health Department • Health Education Section • 954-487-4807  
[www.browardhealth.com](http://www.browardhealth.com)

## What to Do If You Get Flu-Like Symptoms

May 4, 2009 7:30 PM ET

### Background

The novel H1N1 flu virus is causing illness in infected persons in the United States and countries around the world. CDC expects that illnesses may continue for some time. As a result, you or people around you may become ill. If so, you need to recognize the symptoms and know what to do.

### Symptoms

Common symptoms include fever, headache, tiredness, cough, sore throat, runny nose, body aches, diarrhea, and vomiting. The high risk groups for novel H1N1 flu are not known at this time but it's possible that they may be the same as for seasonal influenza. People at higher risk of serious complications from seasonal flu include people age 65 years and older, children younger than 5 years old, pregnant women, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), and people who are immunosuppressed (e.g., taking immunosuppressive medications, infected with HIV).

### Avoid Contact With Others

If you are sick, you may be ill for a week or longer. You should stay home and avoid contact with other persons, except to seek medical care. If you leave the house to seek medical care, wear a mask or cover your coughs and sneezes with a tissue. In general you should avoid contact with other people as much as possible to keep from spreading your illness. At the current time, CDC believes that this virus has the same properties in terms of spread as seasonal flu viruses. With seasonal flu, studies have shown that people may be contagious from one day before they develop symptoms to up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods.

### Treatment is Available for Those Who Are Seriously Ill

It is expected that most people will recover without needing medical care.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed. Be aware that if the flu becomes wide spread, there will be little need to continue testing people, so your health care provider may decide not to test for the flu virus.

Antiviral drugs can be given to treat those who become severely ill with influenza. These antiviral drugs are prescription medicines (pills, liquid or an inhaler) with activity against

influenza viruses, including H1N1 flu virus. These medications must be prescribed by a health care professional.

There are two influenza antiviral medications that are recommended for use against H1N1 flu. The drugs that are used for treating H1N1 flu are called oseltamivir (trade name Tamiflu ®) and zanamivir (Relenza ®). As the H1N1 flu spreads, these antiviral drugs may become in short supply. Therefore, the drugs will be given first to those people who have been hospitalized or are at high risk of complications. The drugs work best if given within 2 days of becoming ill, but may be given later if illness is severe or for those at a high risk for complications.

## Emergency Warning Signs

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

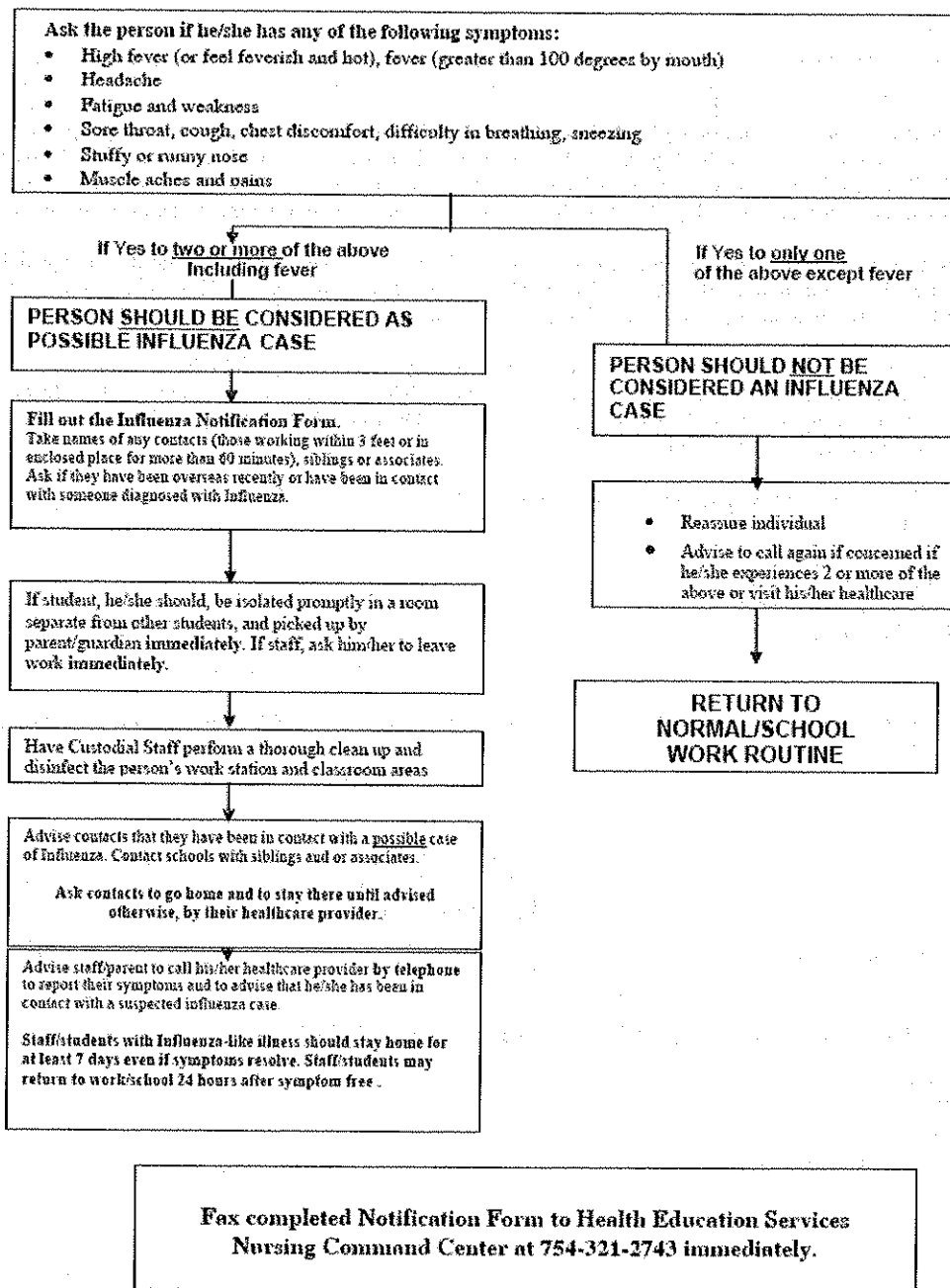
## Protect Yourself, Your Family, and Community

- Stay informed. Health officials will provide additional information as it becomes available. Visit the [CDC H1N1 Flu website](#).
- 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, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with a flu-like illness, stay home for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.

Keep away from other household members as much as possible. This is to keep you from infecting others and spreading the virus further.

- Learn more about how to take care of someone who is ill in "Taking Care of a Sick Person in Your Home".
- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- If you don't have one yet, consider developing a family emergency plan as a precaution. This should include storing a supply of extra food, medicines, and other essential supplies.

## Appendix 8

**INFLUENZA SCREENING FLOWCHART (ISF)**

03/06/09

## Appendix 9

Suspected Influenza Case  
NotificationDATE: \_\_\_\_\_  
TIME: \_\_\_\_\_

School/Work Location: \_\_\_\_\_

Date Symptom Started: \_\_\_\_\_

Name of Staff or Student: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Month

Date

Year

Gender: Male ☐ Female ☐Travel recently outside the United States: Yes ☐ No ☐ if so, where \_\_\_\_\_

For Students:

Grade: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

Name of Parent or Guardian: \_\_\_\_\_

Signs/Symptoms Notice: Please check all that apply:

Fever ☐Body aches ☐Headache ☐Fatigue ☐Dry Cough ☐Runny Nose ☐Sneezing ☐Chills ☐Vomiting ☐Sore Throat ☐Tiredness ☐Trouble Breathing ☐

Other \_\_\_\_\_

Names of people you were in contact within the past 24/48 hours:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

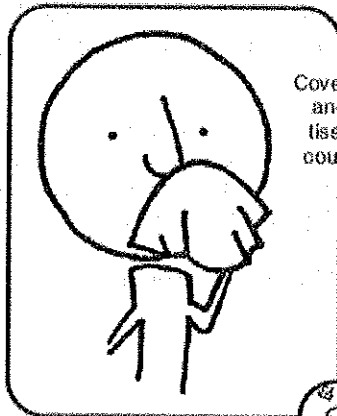
Fax the completed form to Health Education Services at 754-321-2743, immediately.

Rev. 05/04/09



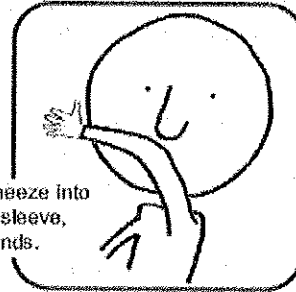
**Stop the spread of germs that make you and others sick!**

# Cover your Cough

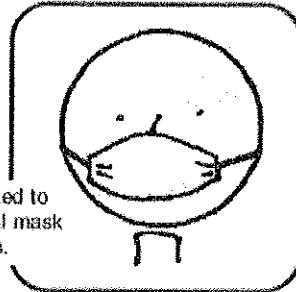


Cover your mouth  
and nose with a  
tissue when you  
cough or sneeze

or  
cough or sneeze into  
your upper sleeve,  
not your hands.



Put your used tissue in  
the waste basket.



You may be asked to  
put on a surgical mask  
to protect others.

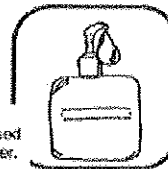
## Clean your Hands

after coughing or sneezing.



Wash hands  
with soap and  
warm water  
for 20 seconds or

clean with  
alcohol-based  
hand cleaner.



Illinois Department of Health  
11100 Corporate Center  
Morton, IL 61550  
618-676-5811 ext 1677670-5118  
www.health.state.il.us



### Student Conduct

School staff, parents, and students are all responsible for creating a culture of positive behavior. Discuss with your child the student conduct information below.

Parents and students must follow the school district's Student Code of Conduct. A frequent form of misconduct is bullying.

#### What is Bullying?

Unwanted and repeated written, verbal, or physical behavior, including any threatening, teasing, or intimidating gesture by an adult or student that is severe or pervasive enough to create an intimidating, hostile, or offensive educational environment, cause discomfort or humiliation, or unreasonably interfere with the individual's school performance or participation.

#### Where Does Most Bullying Occur?

As with most harmful behavior among children, in general bullying occurs wherever there is the least structure and adult supervision. Most incidents tend to occur on the playground, in bathrooms, in locker rooms, in cafeterias, in cyberspace, at bus stops, and in the school bus.

#### What Parents and Students Can Do?

##### Tips for Parents:

- Encourage your child to talk to you. Praise your child for positive communication and behavior.
- Provide/ensure adequate supervision.
- Teach your child to be assertive rather than aggressive or violent when confronted by a bully.
- Verify that consistent messages about rules and safety are practiced in your child's school and staff is trained in bullying prevention.
- Build a relationship with your child's teachers and administrators.

##### Tips for Students:

- Stay away from bullies.
- Tell an adult.
- Avoid bad situations.
- Make friends.
- If bullied, tell the bully to stop; then walk away.

**Did you know?** Just research shows that at least half of all bullying can be prevented!



**Did you know** that according to the National Mental Health and Education Center, direct, physical bullying increases in elementary school, peaks in middle school, and declines in high school?

### Protecting Children from Sexual Offenders and Predators – Tips for Parents and Students:

*Florida has the strongest law in the country to protect its youthful citizens from being abducted. However, parents and children themselves are the first line of defense. Talk to your children about following these rules.*

- Stay away from any unfamiliar person who is trying to trick you or force you to go with him or her.
- Let your parents and other trusted adults know about any suspicious persons or situations.
- Learn to describe people and vehicles.
- Know where to run and how to forcibly resist capture.
- Scream to be seen and to scare a stranger away.
- Stay with a buddy, a group, or parents at the bus stop.
- Report anyone hanging around or passing by regularly.
- Accept a ride only from someone approved by the school.
- Walk or bike only along a route that your parents or the school has determined is safe.
- Lock the door and never tell callers you are home alone.



### For More Information:

If you want more information on staying safe between home and school, check out these websites:

Office of School Transportation Management  
<http://www.flhwy.com/transportation/schools>  
<http://www.flhwy.com/transportation/schools>

Safe Kids USA  
<http://www.safekidsusa.org>

National Center for Missing and Exploited Children  
[www.missingkids.com](http://www.missingkids.com)  
1-800-LOST (543-5678)

Missing Children Information Clearinghouse  
[www.micic.org](http://www.micic.org)  
1-888-FL-MISSING (352-4774)

Florida Department of  
Transportation Prevention/One-Safety Program  
<http://www.flhwy.com/transportation/schools>  
<http://www.flhwy.com/transportation/schools>

Safe Routes to School Florida  
[www.srtf.org](http://www.srtf.org)

Community Traffic Safety Teams (CTST)  
<http://www.flhwy.com/transportation/schools>  
<http://www.flhwy.com/transportation/schools>

Florida Department of Highway Safety and Motor Vehicles  
(FHS&MV), Licensing and Driver Services  
<http://www.flhwy.com/transportation/schools>

Bullying Prevention  
<http://www.flhwy.com/transportation/schools>

Centers for Disease Control & Prevention  
<http://www.cdc.gov/ncipc/diseases/bullying/>

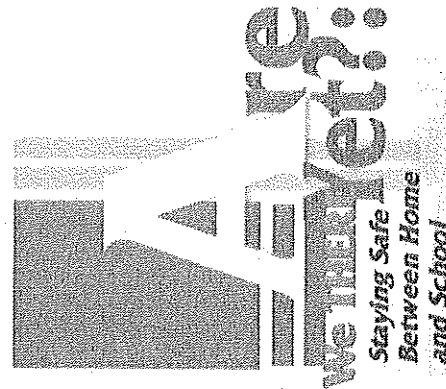
National Highway Traffic Safety Administration  
<http://www.nhtsa.gov>

The Florida Department of Education and Florida's school districts are committed to the safety of Florida's students and schools. Students often walk, bike, or ride to and from school or the bus stop on their own or with parents, guardians, or others. This brochure offers important tips to parents, guardians, and students on how to stay safe, especially when the students are not with school officials who can help protect them. These children need important tips with your children.



Florida Department of Education  
Office of School Transportation Management  
Office of Safe Schools

This information is designed to assist school districts in complying with requirements to provide safety information to parents, guardians, and students (Rule 6A-3.012, Florida Administrative Code).



### Tips for School Bus Riders:

School officials, bus operators, parents, and students themselves are all responsible for ensuring that school bus rides follow these safety tips:

#### At the bus stop:

- Students and parents are responsible for safety and proper student behavior going to and from the stop and while waiting for the bus.
- Students must stand off the roadway while waiting.
- Students must respect other people's property.
- Students must not push, shove, or engage in horseplay.
- Parents should supervise children at the stop if possible.
- Students must arrive at the bus stop at least five minutes prior to the scheduled pickup time.
- Students must wait for and get off the bus only at approved stop locations.

#### During loading and unloading:

- Always stay away from the 12 foot "danger zone" around the bus, except when you are directed by the driver to get on or off the bus.
- NEVER pick up an object that you drop under or near the bus. Ask the driver for help.
- Always be sure the driver can see you.
- Make sure clothing and backpacks have no loose drawstrings or long straps that could catch in the handrail or bus door.
- When you see the bus coming, stand at the stop and wait for the bus to come to a complete stop.
- Always wait for the driver to signal that it is safe to cross the road and/or load into the bus.
- When crossing a traffic lane, always look left, right, then left again; cross only if approaching traffic has stopped.
- Never walk behind the bus.
- Only board your assigned bus, unless other arrangements are approved by your school.



### Tips for Parent Drivers and Teen Drivers:

To reduce energy usage, pollution, and traffic congestion in neighborhoods, consider walking or bicycling with your children. If you need to drive, follow these safety tips:

- When picking up children in the afternoon don't arrive too early and hinder the movement of traffic in the neighborhood around the school.
- Walk in a single line and leave enough room so an emergency response vehicle would be able to get through.
- Don't block driveways, mailboxes, disabled parking spaces, or fire hydrants, and don't park on lawns.
- Don't block access to or the view from side streets.
- Don't block out onto any street from the school parking lot or from a side street.
- Try to arrange your drop off/pickup time after the peak rush hour and use designated loading and unloading areas.
- Always heed signs and the directions of school and law enforcement officials.
- Always obey posted speed limits and other traffic laws.
- Act as you would want people to act if it were your neighborhood.
- Be patient and understand that walkers, bicyclists, and school buses are trying to exit the school, too.
- Always ensure that you and your passengers buckle up.
- Never talk on a cell phone or engage in other distractions while driving.

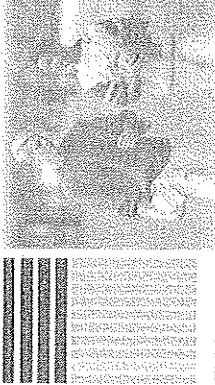
### Did you know...

...that the leading cause of death for 15 to 20-year-olds in the United States? According to the National Highway Traffic Safety Administration (NHTSA), 7,460 children ages 15 to 20 were involved in car crashes in 2006. Most of the fatalities involved young drivers and their passengers.



### Tips for Walking and Biking Safely:

Walking and biking to and from school can be a great way to get exercise, interact with your children, and teach them walking traffic safety skills. Know your child's abilities and remember your child's limitations. Children under 10 years of age are developmentally limited when it comes to judging speed and distance accurately.



#### Walking

Teach, practice, and remind children to:

- Walk with an adult or responsible older child at all times.
- Children under 10 years old should cross the street only with an adult.
- Walk on the sidewalk if there is one.
- Walk facing the traffic, as far from the road/traffic as possible, if no sidewalk is available.
- Use traffic signals and marked crosswalks if available.
- Stop at the curb or edge of the road and look left, right and left for traffic before crossing the street.
- Walk, don't run.
- Give drivers time to see you before crossing the street.
- Keep looking for cars while you are crossing.
- Wear white clothing or reflectors when walking in the dark or in low light.

#### Biking

Bicycles are vehicles and riders must follow Florida Traffic Laws.

Teach, practice, and remind children to:

- Always wear a helmet that is properly fitted.
- Whenever possible, ride with an adult or responsible older student.
- Always obey all traffic signs and signals.
- Ride on the right side of the road or trail in a single file (one bicycle behind another).
- Ride in the same direction as other vehicles.
- Go straight across railroad tracks.
- Always use proper hand signals when turning and stopping.
- Yield to pedestrians and alert them with a bicycle bell or your voice when passing.



# Charting The Course



The City of Pembroke Pines Charter School – Central Campus

Frank C. Ortis, Mayor  
Angelo Castillo, Vice Mayor  
Kenneth B. Bass, Principal  
kbass@pinescharter.net

Jay Schwartz, Commissioner  
Carl Shechter, Commissioner  
Iris A. Siple, Commissioner  
Charles F. Dodge, City Manager

Dear Families,

As of July 22, 2008, the School Board of Broward County passed a policy prohibiting bullying of any student or employee. At our school, we believe that bullying of any kind, by any person, is unacceptable. All students should be free from worries about being bullied. Students who bully others must be taught other, appropriate ways of interacting with peers. As a result, our school will learn universal rules and expectations about bullying as well as different skills and tools they can use to prevent or respond to bullying. As you know, bullying can take different forms, such as physical or verbal, and it can harm victims' social relationships with their peers. Bullying can also be indirect; for example, bullying can occur through gossip, spreading falsehoods and cyberbullying. Bullying is hurtful to anyone who is the target of such behavior as well as to anyone who witnesses bullying.

We define bullying as:

"Bullying means systematically and chronically inflicting physical hurt or psychological distress on one or more students or employees. It is further defined as: unwanted purposeful written, verbal, nonverbal, or physical behavior, including but not limited to any threatening insulting or dehumanizing gestures, by an adult or student, that has the potential to create an intimidating, hostile, or offensive educational environment or cause long term damage, cause discomfort or humiliating; or reasonably interfere with the individual's school performance or participation is carried out repeatedly and is often characterized by an imbalance of power."

Bullying is a purposeful action that is intended to injure, involves physical (e.g. hitting, pushing, shoving, kicking, etc.) and/or mental components (e.g. verbal humiliation, hurtful, threatening behaviors, gossip, exclusion) and ALWAYS an imbalance of power. That is a lot of information, but to keep it simple, we can help determine if bullying by using this acronym. Bullying is:

**R** – Repeated  
**I** – Imbalance of Power  
**P** – Purposeful

Our anti-bullying goals this year are to create a positive school setting, increase awareness about bullying among all educators, staff, and students; enforce school anti-bullying rules; provide enhanced supervision in bully-prone locations; and teach students skills to deal with bullying, problem solving, and making friends.

Your support and partnership with our school staff is vital to the success of our anti-bullying goals at our school. If you have any questions about the program, please call or visit your child's guidance counselor to discuss them.

Sincerely yours,

Jill Bear  
Guidance Counselor

**The City Of Pembroke Pines Charter Middle School – Central Campus**  
12350 Sheridan Street, Pembroke Pines, FL 33026  
954-322-3300 954-322-3383 (FAX)  
www.pinescharter.net

**Dedicated to providing a high quality education to a diverse community where all students are expected to succeed as life-long learners.**

**We believe that all children will achieve educational excellence and become productive citizens in a diverse and ever-changing society.**