

### 4C. INFECTIOUS DISEASE EXERCISE RESOURCES

#### Exercise Resources

##### **National Tabletop Exercise for Institutions of Higher Education Situation Manual 2014, Federal Emergency Management Agency.**

This exercise guides users through planning for a disease outbreak with the goal of increasing understanding of planning, preparedness, and resilience. While the target audience for this exercise was institutions of higher education, most of the information is also applicable to the K-12 school community.

<https://www.fema.gov/media-library/assets/documents/101306>

##### **Exercises Web Page, National Ebola Training and Education Center (NETEC).**

NETEC is funded by the U.S. Department of Health and Human Services and the Centers for Disease Control and Prevention (CDC) and provides a variety of exercise resources, including content and materials on identifying and assessing Ebola.

<https://netec.org/exercises/>

#### Preparing for Infectious Diseases

##### **Coping With Stress During Infectious Disease Outbreaks Fact Sheet, Substance Abuse and Mental Health Services Administration.**

This document details how individuals can cope with the stress created by an infectious disease outbreak. The signs of stress are detailed and suggestions on how to cope with stress and relax are also provided. The fact sheet ends with a list of helpful resources.

<http://store.samhsa.gov/shin/content//SMA14-4885/SMA14-4885.pdf>

##### **Pandemic Influenza Preparedness, Response, and Recovery Guide for Critical Infrastructure and Key Resources, U.S. Department of Homeland Security.**

This guide provides in-depth background on the threat posed by pandemic influenza and describes possible implications. The document also stresses the need for a continuity of operations (COOP) plan. More information on COOP is available on the REMS TA Center's Website, such as a fact sheet, online training, and Webinar.

[https://training.fema.gov/programs/emischool/el361toolkit/assets/cikr\\_pandemicinfluenzaguide.pdf](https://training.fema.gov/programs/emischool/el361toolkit/assets/cikr_pandemicinfluenzaguide.pdf)

# Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center

INFECTIOUS DISEASE EXERCISE RESOURCES

## **Guidance for School Administrators to Help Reduce the Spread of Seasonal Influenza in K-12 Schools, CDC.**

This document aims to help prevent the spread of flu among students and teachers in schools by discussing symptoms and warning signs. Detailed recommendations are then provided, such as the need to educate families about what to do if a member becomes sick.

<https://www.cdc.gov/flu/school/guidance.htm>

## **Influenza Web Page, CDC.**

On this page, a variety of influenza-related resources are provided on how to prevent the spread of the flu, symptoms and diagnosis, and treatment. Information on various types of flu is also presented, such as pandemic flu, avian flu, and swine flu.

<https://www.cdc.gov/flu/>

## **Pandemic Flu Checklist: K-12 School Administrators, CDC.**

This one-page checklist highlights actions school administrators can take to help protect the health of their students. Actions are categorized into before, during, and after a pandemic.

<https://www.cdc.gov/nonpharmaceutical-interventions/pdf/pan-flu-checklist-k-12-school-administrators-item2.pdf>

## **Addressing Biological Hazards That May Impact Students, Staff, and Visitors, U.S. Department of Education's Office of Safe and Healthy Students (OSHS) & REMS TA Center.**

Included on this page, under the Infectious Diseases subheading, are resources on the diseases of Ebola, seasonal flu, measles, and other infectious diseases. Information and guidance is provided by multiple federal departments and agencies on preparing for infectious disease outbreaks, cleaning and disinfecting schools to help slow the spread of flu, and addressing the risk of measles in schools.

<https://rems.ed.gov/KeepSchoolsSafeFromDiseases.aspx>

## **Seasonal Influenza: Information for Schools & Childcare Providers Web Page, CDC.**

Educators are provided a variety of tools on this Web page, including information about self-care, school materials and posters, and a list of guidance and resources.

<https://www.cdc.gov/flu/school/index.htm>

## **Infectious Disease Planning Specialized Training Package, OSHS & REMS TA Center.**

Specialized training packages can be used by individuals to self-teach, or to train others, such as in professional development opportunities. This training package on planning for infectious diseases includes a PowerPoint presentation with speaker's notes, instructions, and an accompanying resource guide.

<https://rems.ed.gov/TrainingPackage.aspx>



If you have questions or need additional assistance, please contact the REMS TA Center at (855) 781-REMS (7367) or [info@remstacenter.org](mailto:info@remstacenter.org).

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