

# Influenza-like Illness Outbreak Control Toolkit

Schools and Child Care Facilities



**ADHS**

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PREPAREDNESS

Updated September 2020

## What is Influenza-like Illness?

Influenza-like illness (ILI) is defined as an illness with a fever of at least 100°F accompanied by cough or sore throat in the absence of a known cause.

## What is an Influenza-like Illness Outbreak in a School and Child Care Facility?

- Five cases in one week in a group of individuals that are part of a common group, such as a single classroom, sports team, or after-school group  
*OR*
- A sudden increase of cases over the normal background rate

The school or child care facility should use its own judgment to identify a “sudden increase of cases”. There may be many children who seem to have symptoms but did not have their temperature taken. If in doubt, consider it a possible outbreak.

## Whom Should I Contact?

Please contact your [local health department](#) if you are experiencing an ILI outbreak in your facility.

## What Should I Collect?

The health department may ask you some of the questions below:

- How many people are sick? Are the ill students concentrated in one classroom or grade? Are they all part of the same group activity?
- What are their symptoms?
- Do you know how many students are usually absent on a normal school day?
- What, if anything, have you done already to try to stop the spread of infection?

# Control Measures for Schools and Child Care Facilities

Below are general recommendations crafted from CDC's [Interim Guidance for Influenza Outbreak Management](#). Please work with the local health department to determine which control measures are most appropriate for your facility.

## General Disease Control and Prevention

- Teach and reinforce good hand hygiene and respiratory etiquette, such as [washing hands](#) thoroughly and covering coughs and sneezes, among students and children, staff, and parents.
- Encourage students, parents and staff to stay home when sick, until at least 24 hours after they no longer have a fever or signs of a fever (such as chills, flushed appearance, or sweating) without the use of fever-reducing medicine (e.g. ibuprofen).
- Contacts of ill children or staff should be advised to watch for respiratory disease signs and symptoms, especially fever (“fever watch”), and to notify a designated individual if these develop. In child care settings, young children should be observed for symptoms of respiratory illness.
- Make sure that anyone who may be supervising ill children knows not to give aspirin to children with influenza or other acute respiratory viral illness.

## Reducing Exposures

- Anyone who gets flu-like symptoms while at school or child care should go home or to a doctor. Sick individuals should be kept away from healthy individuals until they can leave school or child care.
- Consider canceling group activities when significant numbers of participants are ill.
- Discourage sharing water bottles or other similar items
- Ensure that surfaces are routinely cleaned with an [Environmental Protection Agency \(EPA\)-registered disinfectant](#)
  - Closing the facility to clean or disinfect is not generally recommended since most studies have shown that influenza viruses are only infectious on surfaces for two to eight hours.

## Vaccination and Antiviral Medications

- Encourage parents and staff to get the current season's influenza vaccine for themselves and their children. Annual flu vaccinations are now recommended for most people 6 months and older and are the best way to protect against flu per current [CDC recommendations](#).

## Appendices – County Resources

**Contact your county health department for:**

- Evaluation and classification of a possible case
- Guidance for communicable disease reporting
- Specimen submission information
- Subject matter expertise

<b>County</b>	<b>Phone Number</b>
<b>Apache</b>	928-337-4364
<b>Cochise</b>	520-432-9400
<b>Coconino</b>	928-679-7272
<b>Gila</b>	928-402-8811
<b>Graham</b>	928-428-1962
<b>Greenlee</b>	928-865-2601
<b>La Paz</b>	928-669-1100
<b>Maricopa</b>	602-506-6767
<b>Mohave</b>	928-753-0714
<b>Navajo</b>	928-524-4750
<b>Pima</b>	520-724-7797
<b>Pinal</b>	1-866-960-0633
<b>Santa Cruz</b>	520-375-7900
<b>Yavapai</b>	928-771-3134
<b>Yuma</b>	928-317-4450

## Appendices – Additional Resources

### **Vaccine:**

- [Vaccine Recommendations and Guidelines of the ACIP](#)

### **Additional Resources:**

- [Interim Guidance for Influenza Outbreak Management in Long-term Care Facilities](#)
- [CDC - Information for Schools and Childcare Providers](#)
- [Keep Flu out of School](#)
- [The Center for Health and Health Care in Schools](#)
- [Take 3 Actions to Fight the Flu](#)