

Outbreak of Influenza-like Illness at a School

Quick Reference Guide for Nurses and Administrators

What is an outbreak of an influenza-like illness?



Increased absenteeism throughout the school in association with influenza-like illness.

This includes:

- students who are sent home with fever and cough or sore throat,
- absent students with parental reports of flu, or
- absent students with parental reports of fever and cough or sore throat.

If an outbreak is suspected:

- 1** Report influenza-like illness outbreaks to the Health Department 24/7 by using the [Viral Respiratory Disease Outbreak Report Form](#) or by calling **802-863-7240**. The Health Department will ask about symptoms, onset, case totals, grades affected and actions taken. **Review [COVID-19 outbreak recommendations](#) in case of both illnesses being spread at the same time.**
- 2** Sick students and staff should stay home **until 24 hours after fever has resolved** without the use of fever-reducing medication.
- 3** Start a list of sick students and staff and track symptom onset.

Take action to control the outbreak:

- Encourage washing hands with soap and water.
- Provide tissues and no-touch trash cans around the school and in classrooms.
- Routinely clean and disinfect commonly touched surfaces.
- Send a letter home to parents with flu prevention information.
- Avoid touching mouth, eyes or nose.
- Encourage students not to share food or drinks.
- Encourage any unvaccinated staff to get vaccinated.
- Recommend that students and their families get vaccinated.

For more information:

HealthVermont.gov/FluOutbreak