

# Outbreak of Influenza-like Illness at a Child Care Facility

## Quick Reference Guide for Staff

### What is an outbreak of an influenza-like illness?



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

This includes:

- children who are sent home with fever and cough or sore throat,
- absent children with parental reports of flu, or
- absent children 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, and actions taken.
- 2** Sick children 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 children 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 facility.
- Routinely clean and disinfect commonly touched surfaces.
- Send a letter home to parents with flu prevention information.
- Avoid touching mouth, eyes or nose.
- Discourage sharing of food or drinks between children.
- Encourage any unvaccinated staff to get vaccinated.
- Recommend that children and their families get vaccinated.

**For more information:**

[HealthVermont.gov/FluOutbreak](https://HealthVermont.gov/FluOutbreak)