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 calling 802-863-7240. The Health Department will ask about symptoms, onset, case totals, and actions taken. Review COVID-19 outbreak recommendations in case of both illnesses being spread at the same time.

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