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 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