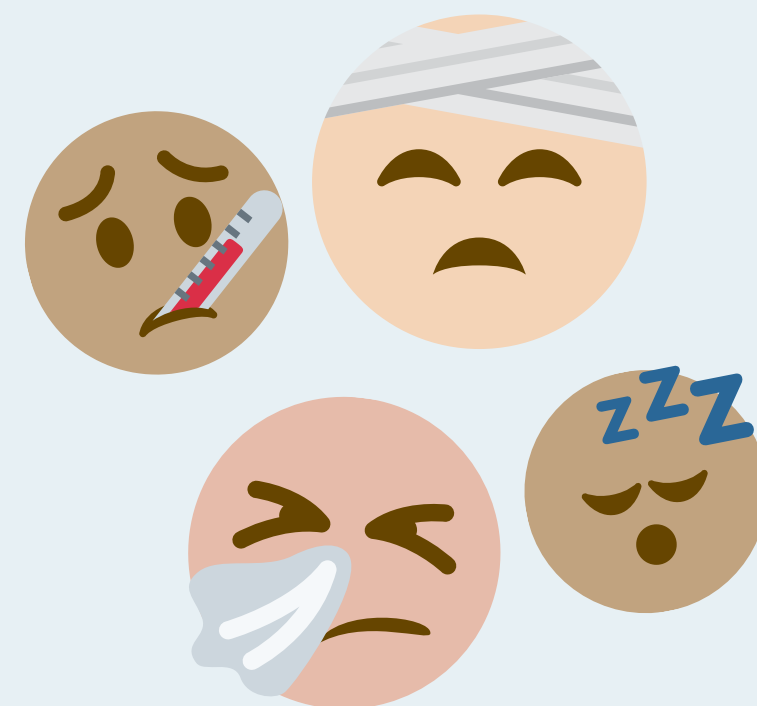


Influenza-like Illness

What is it?

Common name: Flu

The flu is an illness with a fever of at least **100°F**, followed by cough, or sore throat. Additional symptoms include runny or stuff nose, body aches, headaches, chills or tiredness



What is considered a school outbreak?

- **Five Cases** in one week per group of individuals, examples include sports team, classroom, or after-school group
- A **sudden increase** of cases over the normal rate

Reduce Exposure:

Encourage students, parents and staff to stay home when sick for at least **24 hours** after the **fever is gone** and there are **no signs of a fever**

Anyone who gets **flu-like symptoms** while at school or child care should **go home or go visit a doctor**

Prevention:

Teach and reinforce good hand washing hygiene and respiratory etiquette among all students, children staff and parents

- Wash hands with soap and water and use alcohol-based sanitizers
- Cover nose and mouth with disposable tissues or a sleeve when coughing and/or sneezing
- Keep hands away from eyes, nose and mouth
- Ensure that all surfaces are routinely cleaned and disinfected

Vaccination:

Encourage parents and staff to get a yearly flu vaccination for themselves along with their children

Visit <https://www.cdc.gov/flu/school/> for additional resources on preventing influenza in school settings

