# 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 stuffy 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.


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**Source** • Arizona Department of Health Services (azdhs.gov)