

INFLUENZA

CLINICAL DESCRIPTION:

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and sometimes the lungs. It can cause mild to severe illness and at times lead to death. Influenza usually comes on suddenly. Influenza symptoms can include fever or feeling feverish, chills, cough, sore throat, muscle aches or body aches, headaches and tiredness. Although rare, vomiting, diarrhea and nausea may occur in children but should not be confused with symptoms related to stomach or gastrointestinal illnesses. It is also important to note that not everyone with flu will have a fever.

INCUBATION PERIOD:

The incubation period is usually 1 - 4 days, with an average of 2 days.

MODE OF TRANSMISSION:

Influenza viruses are spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouth, nose or eyes of people nearby. Less often, a person may become infected by touching a surface or object contaminated with influenza virus and then touching their eyes, mouth or nose.

PERIOD OF COMMUNICABILITY:

A person can spread influenza viruses 1 day before symptoms develop and up to 5 - 7 days after becoming sick. People with flu are most contagious in the first 3 - 4 days after their symptoms begin.

PREVENTION/CARE:

The best protection against influenza infection is an annual flu **vaccination** before flu season starts, ideally by the end of October. Each year the vaccine contains the types of flu viruses predicted to cause illness in the coming flu season. Therefore, it is important to get vaccinated each year. The vaccine takes approximately 14 days for the full protective effect or immunity to occur. Flu vaccination is recommended for anyone 6 months and older.

Cover: Teach students and staff to cough or sneeze into their elbow or upper sleeve or use a tissue when coughing or sneezing. Immediately discard the used tissue in the wastebasket.

Clean: Encourage frequent handwashing, particularly after coughing or sneezing, with soap and water. An alcohol-based hand cleaner will also work if soap and water are not available.

Contain: Encourage ill students and staff members not to attend school or social activities. Routinely clean and disinfect surfaces and objects according to your internal procedures.

EXCLUSION:

Exclusion of the student should be based on the condition of the child and if there is a school policy that warrants exclusion for symptoms of influenza. There is no state law that mandates school exclusion. During an influenza epidemic, the school superintendent and health officials may need to update the exclusion policy and reporting criteria. For information on the Communicable Reporting Rule and Laws, see Rule 410 IAC 1-2.5.

OUTBREAKS:

According to the Communicable Disease Reporting Rule (410 IAC 1-2.5-54), an outbreak is defined as the cases of disease occurring in a defined community, region or particular population that exceeds what is normally

expected. A baseline absenteeism rate should be established by the school. If the absenteeism rate of those exhibiting influenza-like illness (ILI) is found to be in excess of what is normally expected, the outbreak should be reported to the local health department.

For additional information and recommendations regarding the preparation for and the management of an outbreak situation in a school setting, see Appendix A: Managing an Infectious Disease Outbreak in a School Setting.

REPORTING SCHOOL ABSENTEEISM:

Unusual occurrence of any disease is to be reported immediately to the local health department. An unusual occurrence of influenza could be an unusual presentation (i.e., symptoms not consistent with typical flu illness) or the detection of influenza outside of normal influenza season. Typical influenza seasons occur from October through May, or MMWR weeks 40 – 20; however, influenza can and does circulate year-round. See Appendix D, "Reporting of Excessive Absenteeism," for guidelines on reporting school absenteeism greater than or equal to 20% to your local health department and to the IDOE School Attendance Officer. Reporting to the IDOE School Attendance Officer can be completed electronically via the [Reporting form for Absenteeism Over 20%](https://form.jotform.com/43019024274952) (<https://form.jotform.com/43019024274952>).

OTHER RESOURCES:

- Centers for Disease Control and Prevention:
 - <http://www.cdc.gov/flu/>
 - <https://www.cdc.gov/flu/school/cleaning.htm>
 - <https://www.cdc.gov/flu/school/guidance.htm>
 - <https://www.cdc.gov/flu/resource-center/index.htm>
 - <http://www.cdc.gov/handwashing/posters.html>
- Indiana Department of Health Influenza Webpage:
 - <https://www.in.gov/health/erc/infectious-disease-epidemiology/diseases-and-conditions-resource-page/influenza/>
- IDOH Influenza and Schools Homepage:
 - <https://www.in.gov/health/erc/infectious-disease-epidemiology/diseases-and-conditions-resource-page/influenza/influenza-and-schools/>

MEASLES (RUBEOLA)



CLINICAL DESCRIPTION:

Measles is an extremely contagious viral respiratory illness. Early symptoms include high fever (usually over 101° degrees F), cough, runny nose (coryza) and conjunctivitis. Two to three days after symptoms begin, small white spots (Koplik spots) may appear in some individuals. About 3 – 5 days after symptoms begin, a maculopapular rash appears, usually beginning on the face/hairline and spreading downward over the entire body. Measles may cause serious complications, including ear infection, pneumonia and encephalitis. In some cases, measles may be fatal.