

Purpose

These guidelines are intended to aid child care facilities in the identification, reporting, prevention, and control of suspected influenza-like illness (ILI) and/or influenza outbreaks.

Reporting Suspected Influenza/ILI Outbreaks

Monitoring for absenteeism, parent reports of influenza, or ILI can help in identifying potential outbreaks. ILI defined as a fever ($\geq 100^{\circ}\text{F}$ [37.8°C], oral or equivalent) AND cough and/or sore throat (without a known cause other than influenza). Immediately notify the regional health department when:

- 10% or more of the total child care facility enrollment absent on a given day for reasons not otherwise specified (e.g., a facility with 50 children would contact DHEC when at least 5 children are absent for reasons not attributed to vacation, inclement weather, etc).

OR

- 2 influenza-like illnesses are reported in one week with at least one being laboratory confirmed (i.e. report that an individual tested positive for influenza by a lab test such as a rapid influenza test, culture, real-time PCR, DFA, or IFA).

Contact information for regional health departments can be found at: <http://www.scdhec.gov/Library/CR-009025.pdf>.

What to Report

Provide the following information to the regional health department:

- Size of child care facility (e.g., number of children enrolled and number of staff employed)
- Criteria which prompted reporting of suspected outbreak (e.g., 10% or more absent for reasons not otherwise specified or 2 influenza-like illnesses reported in one week with at least one being laboratory confirmed).
- Reported symptoms and testing information, if available
- Report all ill cases (e.g., children and staff) utilizing a line list (provided by regional health department personnel) at the following time intervals: initial, weekly, or as deemed appropriate.

Recommended Prevention and Control Measures

Vaccination¹

- The CDC recommends that everyone 6 months and older receive a flu shot every flu season. This is one of the most important prevention measures that can be taken to defend against influenza infection.

Implement Good Hygiene Etiquette²⁻⁴

- Ensure staff members are trained on appropriate hand hygiene practices.
- Post signage to remind staff of proper handwashing procedures.
- Sinks suitable for children should be readily available and staff should assist children with handwashing and teaching children proper procedures.
- Staff should wash hands after each diaper change.
- Staff should wash each child's hands after each diaper change.
- Cover your nose and mouth with a tissue or your upper sleeve (if tissue is not available) when you cough or sneeze.
- Place tissue in a trash receptacle after use.
- Wash hands with soap and water or alcohol-based hand sanitizer after coughing or sneezing.

Limit Contact with Others When Sick

- Avoid close contact (i.e. within 6 feet) with ill persons.
- Stay home when experiencing influenza or ILI until free from fever for 24 hours without the use of fever-reducing medicine.
- Ensure staff or students with influenza or ILI are appropriately excluded from child care. Follow the guidance outlined in the School and Childcare Exclusion List, available at: <http://www.scdhec.gov/library/CR-011634.pdf>
- Ensure procedures are in place to monitor reports of illness in children and staff.
- Health checks should be conducted with children as they arrive at the facility each day; a running log of this information (e.g. history of illness) should be maintained.

Clean and Disinfect Surfaces⁵

- Routine cleaning and disinfecting using an EPA-registered disinfectant can aid in removing or killing influenza viruses on surfaces. Follow your facility's policies for cleaning and disinfecting. In particular, ensure that frequently touched surfaces such as door knobs, tables, tables, toys, diaper changing areas, handrails, etc. are routinely cleaned.

Resources

¹ CDC. Children, the Flu, and the Flu Vaccine. <http://www.cdc.gov/flu/protect/children.htm>

² CDC. Handwashing: Clean Hands Save Lives. <https://www.cdc.gov/handwashing/>

³ SCDHEC. "Wash Hands" Video. <https://www.youtube.com/watch?v=8iFEvkbaFh4>

⁴ CDC. Cover Your Cough. <https://www.cdc.gov/flu/protect/covercough.htm>

⁵ CDC. How to Clean and Disinfect Schools to Help Slow the Spread of Flu. <https://www.cdc.gov/flu/school/cleaning.htm>

For additional information, visit the CDC website on Information for Schools and Childcare Providers.

<https://www.cdc.gov/flu/school/>