

A respiratory illness outbreak should be suspected when the number of illnesses exceeds what is normal or typical. To reduce the spread of respiratory illnesses, remain at home if symptomatic. If symptomatic while in attendance at school, daycare, childcare or work, immediately send home. Testing for illness should be encouraged, otherwise it is assumed to be COVID-19 until confirmed through provider-based testing.

Signs and Symptoms

Symptoms of respiratory illness can appear 1-14 days after exposure and can have varying degrees ranging from asymptomatic to severe. Common symptoms include one or more of the following:

- Fever or feeling feverish/having chills ($\geq 100.4^{\circ}$ F)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Vomiting
- Diarrhea

Exclusion

Any respiratory illness outbreak without a confirmation of the organism causing illness as documented by laboratory test, will default to the COVID-19 exclusion criteria.

COVID-19:

Exclude all children and/or staff with fever until:

1. At least five (5) days have passed since symptoms first appeared or if asymptomatic, since positive test result; and,
2. Twenty-four (24) hours have passed since recovery, defined as resolution of:
 - fever without the use of fever reducing medications, and
 - gastrointestinal symptoms (e.g., diarrhea, vomiting); and other symptoms have improved.

If asymptomatic or symptoms resolve after 5 days, they can discontinue isolation but must continue to wear a **well-fitting mask around others for 5 additional days**. If unable or unwilling to wear a mask when around others after day 5, continue to isolate for a full 10 days. **Negative home tests will not be accepted for return from 5-day exclusion. Only tests conducted by a medical professional will be accepted for return from exclusion. Influenza testing can be done with a medical provider or at a local pharmacy.**

Influenza & RSV:

- Exclude for 24 hours with resolution of fever, no fever reducing medications - **IF** tested and found to be ill due to either of these illnesses.
 - **If NOT tested, then default to COVID-19 exclusions.**
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Proper Ventilation, Cleaning & Disinfecting for Respiratory Illnesses

- Improve ventilation. Indoor spaces with poor ventilation contain viral particle concentrations often higher than outdoors. The CDC and EPA recommend increasing natural ventilation by opening windows and using indoor fans, running the HVAC system or swamp coolers, if available air purifiers can be added to enhance effectiveness of these strategies. Click here <https://www.epa.gov/coronavirus/ventilation-and-coronavirus-covid-19> for more strategies in different settings.
- Use a product that is effective against Influenza A Virus. Many approved disinfectants include common household cleaning agents such as Lysol, Clorox and Pine Sol. Always follow manufactures guidelines for product use. Wipe down high-touch surfaces like doorknobs, toys, counters, desks, chairs, changing tables, etc. You can find the list here <https://archive.epa.gov/pesticides/oppad001/web/pdf/influenza-a-product-list.pdf>
- Wash hands **thoroughly and frequently** with soap and water for at least 20 seconds of vigorous rubbing, thorough rinsing under a stream of clean water, and drying with disposable towels is recommended.
 - Especially after using the toilet or changing diapers
 - Always before eating, preparing, or handling food, and
 - Before giving yourself or someone else medication

References:

1. Centers for Disease Control and Prevention. *Influenza*
2. Centers for Disease Control and Prevention. *RSV*
3. Centers for Disease Control and Prevention. *Coronavirus*
4. Centers for Disease Control and Prevention. *Similarities and Differences between Flu and COVID-19.*