



# Guidelines for the Prevention & Control of Influenza-like and COVID-19-like Illnesses in Schools

## CONTROLLING PERSON-TO-PERSON TRANSMISSION OF INFLUENZA-LIKE (ILI) AND COVID-19-LIKE (CLI) ILLNESSES

### ROUTINE INFECTION CONTROL MEASURES TO PREVENT TRANSMISSION OF INFLUENZA, ILI, COVID-19 OR CLI

- ◆ **Isolate and send ill staff/students home as soon as possible**

- ◆ **Exclusion of COVID-19 or CLI**

Exclude all students and/or staff with fever until:

1. At least ten (10) days have passed since symptoms first appeared; 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,
3. Other symptoms have improved.

If students and/or staff have ILI symptoms, a negative COVID-19 test, and no known contact with a COVID-19 case, case will be excluded until case is symptom free for twenty-four (24) hours without the use of fever-reducing medication. Otherwise, during the COVID-19 outbreak, ILI exclusion is the same as the COVID-19 exclusion.

- ◆ **Exclusion of Influenza or ILI**

1. Require staff and students with influenza or influenza like illness (ILI) to stay home for at least 24 hours after their fever is gone (without the use of fever reducing medications).
2. As with other illnesses, staff and students with ILI or CLI should not return to school until they are able to participate in routine activities.

- ◆ **Any ILI/CLI-like illness outbreak without a confirmation of being either Influenza or COVID-19 by laboratory test defaults to the COVID-19 exclusion criteria rather than ILI exclusion criteria.**

- ◆ **All students, staff, and visitors in District buildings will be required to wear a face covering**, per the Governor’s directive. See WCSO website FAQ’s [“Who is Required to Wear a Face Covering and When?”](#)
- ◆ **Model good respiratory hygiene** – teach children and staff to cough/sneeze into their elbow
- ◆ If tissues are used, dispose of soiled tissues in appropriate containers and wash hands immediately with soap and water
- ◆ **Wash hands** with soap and water after touching respiratory secretions and potentially contaminated items/surfaces
- ◆ Ensure that supplies for hand washing are available where sinks are located
- ◆ Use an alcohol-based hand sanitizer that contains at least 60% alcohol if clean water and soap are not available
- ◆ Avoid touching eyes, nose and mouth as these are entry points for infection
- ◆ Increase the frequency of cleaning high-touch surfaces (e.g., doorknobs, rails, light switches, desks, keyboards, phones, etc.). Clean up all PVI’s according to your internal protocol
- ◆ Discourage personnel, volunteers and students from sharing items such as cups, utensils, food, etc.
- ◆ Post visual alerts within the facility to inform personnel, volunteers and students of infection control measures to limit the spread of influenza and COVID-19

## INFECTION CONTROL MEASURES TO IMPLEMENT WHEN AN INFLUENZA OR COVID-19 OUTBREAK IS SUSPECTED

*Rapidly implementing control measures at the first sign of Influenza, ILI, COVID-19 or CLI can prevent additional cases and reduce the duration of the outbreak*

**Reporting is required when COVID-19/CLI or an Influenza/ILI outbreak is suspected.**

- ◆ Individual schools must notify the Washoe County Health District (WCHD) at **(775) 328-2447** or **(775) 328-3764 (Fax)** and Washoe County School District Student Health Services office at **(775) 353-5966**.

**Implement Additional Infection Control Measures if an Outbreak is Suspected.**

- ◆ **Increase distance** between students and staff by 6 feet or more (e.g. move desks apart)
- ◆ If possible, segregate ill persons from non-ill persons
- ◆ Consider canceling or postponing group activities until the number of new cases subsides or ceases

### **Hand washing is the single most important procedure for preventing the spread of infection!**

Frequent hand washing 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.

## GENERAL PRINCIPLES OF CLEANING & DISINFECTING

**Cleaning & disinfecting for influenza virus will be effective for SARS-CoV-2 virus that causes COVID-19**

- ◆ Wear disposable gloves
- ◆ Follow Outbreak Response Plan for Schools COVID-19 and Other Outbreaks on the Washoe County School District website <https://www.washoeschools.net/>. See Appendices I and J for Community-Outbreak Cleaning Protocols and School-specific Outbreak Cleaning Protocols.
- ◆ Use an EPA approved disinfectant that is effective against Influenza A Virus<sup>1</sup>. Many approved disinfectants include common household cleaning agents such as Lysol, Clorox and Pine Sol. Always follow manufactures guidelines for product use.
- ◆ Dispose of gloves and paper towels/cloths in plastic waste bags. Put plastic bags in the regular trash
- ◆ Wash hands thoroughly using soap and water and dry them with a disposable towel.

<sup>1</sup> <https://archive.epa.gov/pesticides/oppad001/web/pdf/influenza-a-product-list.pdf> .

## AREAS THAT NEED TO BE FREQUENTLY CLEANED AND DISINFECTED

All high traffic areas that are commonly touched such as doors, door handles, light switches, tables, desks, computers, keyboards, the computer mouse, phones, toys, lockers, cubbies etc. These areas should be cleaned and disinfected multiple times per day.

School buses, vans, or other transportation vehicles – inside of vehicles should be cleaned and disinfected on a daily basis focusing on areas that are commonly touched. See Outbreak Response Plan for Schools COVID-19 and Other Outbreaks on the WCHSD website, specifically Appendices K for Transportation Cleaning Protocols