

Investigation of Influenza Outbreaks in Healthy Populations

Note: these guidelines are designed to aid in investigation of influenza outbreaks in congregate settings with a generally healthy population, such as schools, daycares, camps and workplaces.

Prior to an investigation:

Make sure there is an adequate supply of masks, gowns and gloves on hand. Staff who will have direct contact with ill persons should be fit-tested with an N-95 mask.

Define the outbreak:

Case Definition of Influenza-like illness (ILI): Fever ($\geq 100^{\circ}\text{F}$ [37.8°C], oral or equivalent) AND cough and/or sore throat (in the absence of a known cause other than influenza).

Outbreak Definitions:

- Increased absenteeism in association with influenza-like illness and/or laboratory confirmed influenza (e.g., schools, workplaces).
- Three or more cases of influenza-like illness in a congregate setting within a 3-day period (e.g., daycare, sports team, etc.) ;
- Two or more laboratory-confirmed cases of influenza within a 3-day period in a congregate setting (e.g., classroom, daycare).

When you have an outbreak:

1. Confirm the diagnosis.
 - Schools or workplaces with high absenteeism: Call a sample of 15-20 absentees to estimate the proportion of absentees with ILI. Document using a line listing or questionnaire. For large workplace or school outbreaks; follow absentee rates (not individual cases) AFTER existence of outbreak and diagnosis are established.
 - In smaller congregate settings, a line list is valuable to track the progress of the outbreak and to adjust your control measures as needed.
2. Implement appropriate control measures (see below).
3. Report the outbreak to Infectious Disease Epidemiology (800-423-1271) **immediately; and stay in touch throughout the outbreak.**
4. Collect 8-10 nasopharyngeal swab specimens from recently ill persons. See: <http://www.wvdhhr.org/labservices/labs/virology/influenza.cfm> .

To help control the spread of infection...

1. Ill persons should be isolated until they can be sent home. Ill persons should stay home until 24 hours after fever has ceased without use of antipyretics.
2. Wash hands frequently and practice cough etiquette. See: <http://www.cdc.gov/germstopper/materials.htm> for educational posters.
3. Share CDC guidelines specific for the situation:
 - a. Schools: <http://www.cdc.gov/h1n1flu/schools>
 - b. Day cares: <http://www.cdc.gov/h1n1flu/childcare>
 - c. Colleges and Universities: <http://www.cdc.gov/h1n1flu/institutions>
 - d. Workplaces: <http://www.cdc.gov/h1n1flu/business>

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