



MID-MICHIGAN DISTRICT HEALTH DEPARTMENT

An Accredited Local Public Health Department

www.mmdhd.org

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Dear Superintendent,

RE: Increased Influenza Like Illness in Schools

The Mid-Michigan District Health Department has received numerous reports from schools of high absenteeism amongst students due to influenza-like-illnesses. School officials are reporting children with fevers, cough, sore throats and headaches. Some vomiting and diarrheal illnesses are also being reported.

Students with influenza-like-illness and/or vomiting and diarrhea should stay home from school. Any child with any combination of a fever, sore throat, headache, and non-productive cough may have influenza. Children should stay home until 24 hours after a fever has ended without the use of a fever reducing medication. Influenza commonly lasts three to five days. A typical student with influenza would probably be at home four to six days.

Parents of children with serious medical conditions such as asthma or diabetes and symptoms of influenza like illness should contact their family doctor or pediatrician as soon as possible.

Local health officials are recommending schools consider dismissing a building if influenza like illness is 30% or greater, although school districts may make their decision to dismiss on a building by building basis.

The minimum time a school district dismisses class should be four days. However, the length of time to dismiss school could be different based on duration of the outbreak and the number of students with influenza-like-illness. Educational, support, and custodial staff would not have to stay home and could report to work.

If a building is closed but other buildings within the district remain open, the siblings of students from the closed building should be allowed to attend classes as long as they show no sign of illness. There should be an increased screening of siblings attending class. Any student exhibiting symptoms of influenza-like-illness should be sent home. Well students attending a school or building that has been dismissed may attend activities such as soccer practice as long as the student is not ill.

For more information for guidance on school related issues go to our website at www.mmdhd.org or call Lisa Mikesell at 989-875-1019