



March 5, 2024

THE SCHOOL DISTRICTS OF BERLIN, NEWINGTON, ROCKY HILL, AND WETHERSFIELD OUTBREAK REPORTING AND RESOURCE GUIDE

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The purpose of this reporting guide:

The Central Connecticut Health District (CCHD) and the Supervising Nurses of the Berlin, Newington, Rocky Hill and Wethersfield School Districts developed this reporting guide to describe and define respiratory viral disease and gastrointestinal disease outbreaks in the school setting and to develop standardized operational procedures for the district and outlines the responsibilities of the Connecticut Department of Public Health, Central Connecticut Health District and school district nursing staff.

The focus of this reporting guide is to define respiratory and gastrointestinal outbreaks in the school setting to determine when to follow-up with the Connecticut Department of Public Health and Local Health Department.

Much of the disease-specific information in this reporting guide is derived from the Connecticut Epidemiology and Emerging Infections Reportable Infectious Diseases Reference Manual (<https://portal.ct.gov/DPH/Epidemiology-and-Emerging-Infections/EEIP-RIDRM--Home-Page>) and materials available on the Centers for Disease Control and Prevention website (www.cdc.gov). This reporting guide is intended to provide supplemental information that will help school districts in CCHD's jurisdiction to implement nationally recognized disease prevention and control measures for reportable infectious diseases during an outbreak in their facilities.



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DEFINING RESPIRATORY VIRAL OUTBREAKS IN SCHOOLS

Defining an Outbreak:

The school districts of Berlin, Newington, Rocky Hill and Wethersfield and the Central Connecticut Health District (CCHD) have elected to use a discrete threshold of 20% for identification of a suspected school-related respiratory viral outbreak in a core-group. A core group is a defined group such as a classroom, sports team, musical/theater group, or club in the middle and high schools. This means that if 20% of students and/or faculty involved with that core group experience symptom onset within seven days of each other, it will be defined as an outbreak.

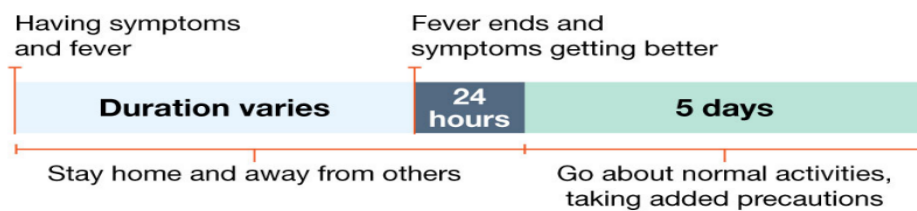
The school districts of Berlin, Newington, Rocky Hill, and Wethersfield and CCHD have elected to identify a suspected school-related Respiratory Viral outbreak in an elementary school based on three cases (or 20%) among students or staff identified with symptom onset within seven days of each other in the same classroom.

Operational Procedures:

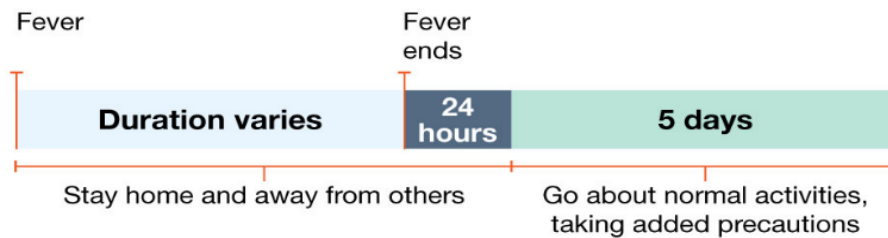
Students sick with respiratory viral illness (**cough or sore throat, AND fever of 100.0°F or greater**) and/or a **positive test result for a respiratory viral disease (e.g. COVID-19, influenza, RSV)** will report to the school nurse and remain home from school until they are fever free for 24 hours without fever-reducing medication AND their symptoms have improved. After 24 hours of being fever free with symptom improvement the student or staff may return to school and are recommended to follow precautions for five days which may include: masking, maintaining physical distance, or utilizing antigen testing to determine if still infectious.

Here are a few scenarios regarding returning to school due to a respiratory viral illness (COVID-19, RSV, influenza and more).

Example 1: Person with fever and symptoms.



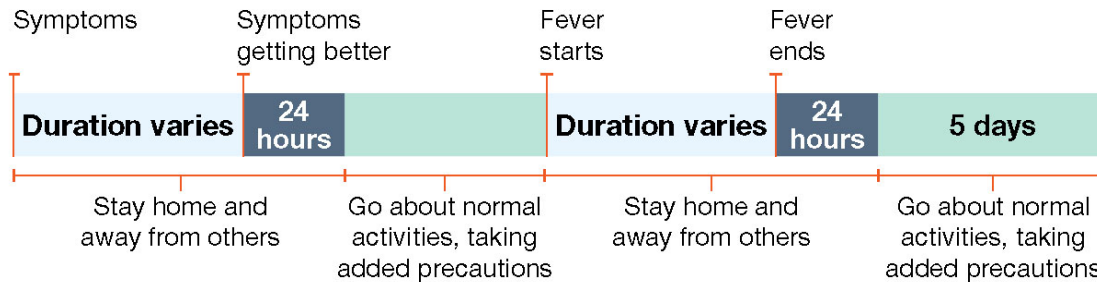
Example 2: Person with fever but no other symptoms.



Example 3: Person with fever and other symptoms, fever ends but other symptoms take longer to improve.



Example 4: Person gets better and then gets a fever.



Those who get respiratory viral illness symptoms at school should be sent home (fever (over 100°F AND sore throat or cough). It is recommended to have the student/staff member wear a mask until they go home.

In the event of an outbreak the school will promote frequent cleaning and disinfection of high touch surface areas (see Attachment A); improve ventilation by opening windows, using portable air cleaners, and improving building-wide filtration; enhance the promotion of proper hand hygiene practices among students and staff; promote the use of masks; and encourage those who have been exposed and are experiencing symptoms to seek care and testing with their primary care provider.

In the event of an outbreak schools will notify the State Department of Public Health at (860)509-7994 and CCHD (860) 785-8380 or cgacek@ccthd.org.

Pandemic Influenza

Please refer to your school's All Hazards Plan for Pandemic Influenza. Please share most recent All Hazards Plan with CCHD (cgacek@ccthd.org).

Resources:

CDC:

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/ventilation.html>

<https://www.cdc.gov/respiratory-viruses/index.html>

<https://www.cdc.gov/respiratory-viruses/guidance/respiratory-virus-guidance.html>

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

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

DPH:



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https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/environmental_health/eoha/IAQ/2018-Uploads/012218-Flu-Env-Controls-Limit-Spread-in-Schools.pdf

CSTE:

<https://www.cste.org/group/Influenza>

DEFINING ACUTE VIRAL AND BACTERIAL GASTROINTESTINAL ILLNESS OUTBREAKS

Case Definition: Gastrointestinal (GI) illness is defined as loose, watery stools occurring three or more times a day, with or without vomiting or fever of greater than 100 degrees, and stomach cramps.

Defining an Outbreak:

The school districts of Berlin, Newington, Rocky Hill and Wethersfield and the Central Connecticut Health District (CCHD) have elected to use a discrete threshold for identification of a suspected school-related gastrointestinal outbreak in a core-group such as, at least 20% of a defined group (e.g., classroom, sports team, musical/theater group) in the middle and high schools experiencing loose, watery stools three or more times a day, with or without vomiting or fever of greater than 100 degrees, and stomach cramps.

The school districts of Berlin, Newington, Rocky Hill and Wethersfield and CCHD have elected to identify a suspected school-related gastrointestinal outbreak in an elementary school based on two cases (or 20%) among students or staff identified with symptom onset within one week of each other in the same classroom.

In the event of a cluster or outbreak schools will notify the State Department of Public Health at (860)509-7994 and CCHD (860) 785-8380 or cgacek@ccthd.org.

School Districts will collaborate with CCHD to determine the attack rate for the cluster/outbreak and to implement control measures. Discuss laboratory testing as analysis of stool samples can be used to identify the causative pathogen of an outbreak to provide insight into cleaning and disinfection methods to be used by school environmental staff.

Operational Procedures:

Students with GI illness should remain home for at least 24 hours after vomiting and/or diarrhea has ceased without the use of medication.

Educate all staff, faculty, students, parents, and volunteers:

- Encourage frequent handwashing for all students and staff. Advise hand washing after bathroom use, before handling food or drinks, and after contact with affected individuals. Review proper hand washing techniques (hand washing with soap and water is better than alcohol-based hand sanitizers to control norovirus).
- Teach students not to share food or personal items such as water bottles.
- Use tongs and other utensils for distributing snacks in classrooms and for student use during class parties.
- Educate students and teachers on the signs, symptoms, and ways to prevent GI illness outbreak using posters.
- Encourage ill staff or students to contact their medical provider with GI illness symptoms and to seek medical attention if symptoms persist longer than 72 hours or if symptoms worsen (for example: bloody stools, > 3 loose stools per day, increase in vomiting, dehydration, elevated fever, severe stomach cramping, decrease in urination, etc.).

Resources:

chrome-extension://efaidnbmninnibpcjpcglclefindmkaj/https://portal.ct.gov/-/media/DPH/EEIP/Forms/LTCF_GI_Report.pdf

<https://portal.ct.gov/DPH/Laboratory/Scientific-Support/Scientific-Support-Services>

<https://portal.ct.gov/DPH/Epidemiology-and-Emerging-Infections/Persons-Required-to-Report-Reportable-Diseases>

<https://www.dhhs.nh.gov/sites/g/files/ehbemt476/files/inline-documents/sonh/schools-gastro-kit.pdf>

[Employee Health and Personal Hygiene Handbook \(fda.gov\)](#)

Outbreak Summary Table

Reportable Event	Outbreak Definition	Infectious Disease (ID) Epidemiology Reporting Requirement	Local Health Department (LHD) Reporting Requirement
Respiratory Viral Disease (Influenza, RSV, COVID-19, e.g.)	20% or more of a core-group in the high school or middle school. Elementary school 3-5 cases depending on class size.	Report to Epidemiology via phone (860) 509-7994	Contact CCHD (860)785-8380 cgacek@ccthd.org
GI Outbreaks (Bacterial: Salmonella, E.coli, <i>Campylobacteriosis</i> or Viral: Norovirus)	20% or more of a core-group in the high school or middle school. Elementary school 3-5 cases depending on class size.	Report to Epidemiology via phone (860) 509-7994	Contact CCHD (860)785-8380 cgacek@ccthd.org

ATTACHMENT A**CCHD Guidance for the Frequency of Cleaning During a Respiratory Illness Outbreak**

Identify which areas need only cleaning and which need cleaning, followed by disinfection.

1. Areas needing only routine cleaning include: –
 - a. Outdoor areas such as benches, tables, railings, and playground equipment. Do not spray disinfectants on these surfaces, as it is a waste of disinfection products, unnecessarily exposes children using equipment to disinfectants, and is not shown to provide any additional protection above routine cleaning alone. Cleaning of wooden surfaces outdoors is not recommended. –
 - b. Areas or items located indoors that are not touched or used frequently, such as floors, walls, windows, carpeting, light fixtures, and air vents.
2. Areas needing cleaning, followed by disinfection include:
 - a. “High-touch areas”, which refers to hard surfaces indoors that are routinely touched by different individuals. Examples may include (but not limited to) desks and chairs, doorknobs, countertops, bathroom surfaces, copiers/scanners/fax machines, computer equipment, shared laptops, Chromebooks, or tablets, physical education equipment, locker rooms (benches, showers, and toileting areas), shared break room appliances, handrails, doorknobs, and light switches.
 - b. Any soft or porous materials that are shared by many individuals (such as blankets, towels, oven mitts, jerseys, etc.) need to be laundered frequently to properly disinfect them. Porous materials are not as easy to disinfect as hard surfaces, so it is recommended that porous surfaces that may be contacted by many different individuals throughout the school day but are not easily laundered (such as upholstered chairs, soft balls, and other soft physical education items, etc.) be removed from shared use areas or programs.

Develop schedules for cleaning and disinfection:

1. Daily
 - a. Routine cleaning of all areas of the school used during that day.
 - b. Cleaning and disinfection of “high touch” areas that you have targeted in your plan.
2. Twice Daily

- a. Plan to clean and disinfect bathroom surfaces twice per day, especially during times of full occupancy in the school and in high-traffic bathrooms that are in areas where they are more commonly used.

ATTACHMENT B: RESPIRATORY VIRAL ILLNESS PARENT/GUARDIAN LETTER

Dear Parent or Guardian:

This letter is to provide you with information about a respiratory viral illness outbreak in your child's classroom. Respiratory viral illness is defined as having a fever over 100.0 degrees Fahrenheit AND a cough or sore throat.

To prevent widespread respiratory viral illness in the school, we recommend that your child stay home from school if they are experiencing influenza-like illness symptoms, which are fever over 100.0 degrees Fahrenheit AND a cough or sore throat. Your child should stay home until at least 24 hours after they no longer have a fever without the use of fever-reducing medicines and their symptoms have improved.

Our school has our custodial staff disinfect surfaces, doorknobs, and banisters daily. We are also ensuring that there is soap and hand sanitizer in all dispensers and encouraging everyone to remind students about the importance of hand washing.

To help prevent respiratory viral illness, teach your children good hygiene habits:

- **Cover your mouth and nose with a tissue when coughing or sneezing.** This may prevent those around you from getting sick. Remember to properly dispose of your used tissue and wash your hands with soap.
- **Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick, too.
- **If possible, stay home from work, school, and errands when you are sick.** You will help prevent others from catching your illness. Call your doctor if your symptoms last a long time or get worse over time.
- **Wash your hands often!** This will help protect you from germs.
- **Avoid touching your eyes, nose, or mouth.** Germs are often spread when a person touches something that is contaminated, and then touches his/her eyes, nose, or mouth.
- **Get enough sleep.** Lack of sleep/rest reduces your body's resistance to the flu.
- **Drink lots of water.** Catching the flu becomes more likely when you are dehydrated.



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- **Eat five (5) or more servings of fruit and vegetables daily.** Good nutrition is an excellent way to keep your body resistant to germs.
- **Exercise.** Activities that increase your heart rate, such as walking, biking, and swimming, are excellent ways to keep your body resistant to disease.

Please contact your school nurse if you have additional questions or concerns. Thank you in advance for helping make this year at school as healthy as possible.

Sincerely,

RESPIRATORY VIRAL ILLNESS LETTER SPANISH:

Estimado padre o Guardianes:

Esta carta es para brindarle información sobre un brote de enfermedad similar a la influenza (ILI) en el salón de clases de su hijo. ILI se define como tener fiebre de más de 100 grados Fahrenheit Y tos o dolor de garganta.

Para prevenir ILI generalizada en la escuela, recomendamos que su hijo se quede en casa y no vaya a la escuela si experimenta síntomas similares a los de la influenza, que son fiebre de más de 100 grados Fahrenheit Y tos o dolor de garganta. Su hijo debe quedarse en casa hasta al menos 24 horas después de que ya no tenga fiebre sin el uso de medicamentos para reducir la fiebre.

Nuestra escuela hace que nuestro personal de conserjería desinfecte superficies, pomos de puertas y barandillas diariamente. También nos aseguramos de que haya jabón y desinfectante para manos en todos los dispensadores y alentamos a todos a recordar a los estudiantes la importancia de lavarse las manos.

Para ayudar a prevenir la gripe y otros resfriados, enséñeles a sus hijos buenos hábitos de higiene:

- Cubrirse la boca y la nariz con un pañuelo al toser o estornudar. Esto puede evitar que quienes le rodean se enfermen. Recuerde deshacerse adecuadamente de su pañuelo usado y lavarse las manos con jabón.
- Evitar el contacto cercano con personas que están enfermas. Cuando esté enfermo, mantenga distancia de los demás para protegerlos de enfermarse también.
- Si es posible, quédese en casa y no vaya al trabajo, a la escuela ni a hacer recados cuando esté enfermo. Ayudará a evitar que otros contraigan su enfermedad. Llame a su médico si sus síntomas duran mucho tiempo o empeoran con el tiempo.
- ¡Lávate las manos con frecuencia! Esto le ayudará a protegerse de los gérmenes.



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- Evita tocar tus ojos, nariz o boca. Los gérmenes a menudo se transmiten cuando una persona toca algo que está contaminado y luego se toca los ojos, la nariz o la boca.
- Dormir lo suficiente. La falta de sueño/descanso reduce la resistencia del cuerpo a la gripe.
- Beber mucha agua. Es más probable contraer gripe cuando estás deshidratado.
- Consume cinco (5) o más porciones de frutas y verduras al día. Una buena nutrición es una excelente manera de mantener su cuerpo resistente a los gérmenes.
- Ejercicio. Las actividades que aumentan el ritmo cardíaco, como caminar, andar en bicicleta y nadar, son formas excelentes de mantener el cuerpo resistente a las enfermedades.

Comuníquese con la enfermera de su escuela si tiene preguntas o inquietudes adicionales.
Gracias de antemano por ayudar a que este año escolar sea lo más saludable posible.
Atentamente,

RESPIRATORY VIRAL ILLNESS LETTER BOSNIAN:

Poštovani roditelji ili staratelji:

Ovo pismo je da vam pruži informacije o izbijanju bolesti slične gripi (ILI) u razredu vašeg djeteta. OR se definiše kao temperatura iznad 100 stepeni Farenhajta I kašalj ili bol u grlu.

Kako bismo spriječili širenje ILI u školi, preporučujemo da vaše dijete ne ide u školu ako ima simptome slične gripi, kao što su temperatura iznad 100 stepeni Farenhajta I kašalj ili grlobolja. Vaše dijete bi trebalo da ostane kod kuće najmanje 24 sata nakon što groznica nestane bez upotrebe lijekova za snižavanje temperature.

Naša škola ima svoje osoblje koje svakodnevno dezinficira površine, kvake i ograde. Također osiguravamo da svi dozatori imaju sapun i sredstvo za dezinfekciju ruku i potičemo sve da podsjetite učenike o važnosti pranja ruku.

Kako biste spriječili gripu i druge prehlade, naučite svoju djecu dobrim higijenskim navikama:

- Pokrijte usta i nos maramicom kada kašljete ili kišete. To može spriječiti one oko vas da se razbole. Ne zaboravite pravilno odložiti maramicu i oprati ruke sapunom.
- Izbegavajte bliski kontakt sa bolesnim osobama. Kada ste bolesni, klonite se drugih kako biste i njih zaštitili od bolesti.
- Ako je moguće, ostanite kod kuće s posla, škole ili obavljanja obaveza kada ste bolesni. Ovo će spriječiti druge da se zaraze vašom bolešću. Pozovite svog doktora ako vaši simptomi traju dugo ili se vremenom pogoršavaju.
- Često perite ruke! Ovo će vam pomoći da se zaštitite od mikroba.
- Izbegavajte dodirivanje očiju, nosa ili usta. Klice se često šire kada osoba dodirne nešto što je kontaminirano, a zatim dodirne oči, nos ili usta.
- Spavajte dovoljno. Nedostatak sna/odmora smanjuje otpornost organizma na grip.
- Pijte puno vode. Veća je vjerovatnoća da ćete dobiti gripu kada ste dehidrirani.
- Jedite pet (5) ili više porcija voća i povrća dnevno. Dobra ishrana je odličan način da održite svoje telo otpornim na klice.
- Obuka. Aktivnosti koje ubrzavaju vaš otkucaj srca, kao što su hodanje, vožnja bicikla i plivanje, sjajni su načini da održite svoje tijelo otpornim na bolesti.

Molimo kontaktirajte svoju školsku medicinsku sestru ako imate dodatnih pitanja ili nedoumica. Unaprijed se zahvaljujemo na pomoći da ovu školsku godinu provedete što zdravije.

pažljivo,



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ATTACHMENT C: SCHOOLWIDE GENERAL RESPIRATORY VIRAL ILLNESS LETTER

Dear Parent or Guardian:

Respiratory viral illness season is approaching. We are asking for your help to prevent the spread of respiratory illness in our school. Respiratory viruses like SARS-CoV-2 (the virus that causes COVID-19), influenza, and respiratory syncytial virus (RSV) spread from person to person and students are among the most affected. We want to keep the school open during this season and we cannot do it without you.

Here are a few ways to help:

- Know the signs of respiratory viral illness: Signs may be fever greater than 100 degrees, cough, sore throat, body aches, headache, and fatigue. Some people may also vomit or have diarrhea.
- Keep sick children at home. Children should stay at home for at least 24 hours after the last signs of a fever without the use of fever-reducing medication. They should not return to school within 24 hours of the last sign of vomiting or diarrhea. Those who have a constant cough should stay home until medicine relieves it. Any child that is sick at school should go home.
- Report their absence to the nurse. If your child is out sick with the flu or flu-like illness, please let the nurse know.
- Teach your children to wash their hands. Frequent hand washing with soap and water or using hand sanitizer is the best way to reduce the spread of germs.
- Teach your children to cover their coughs and sneezes with a tissue or in their elbow.
- Teach your child not to share personal items like their food or water bottles.
- Have your child receive their influenza vaccine to help protect against serious illness. Your child can receive their flu shot at the Central Connecticut Health District's Clinical Services Office at 506 Cromwell Ave, Rocky Hill, CT.

Our school works closely with the Central Connecticut Health District to monitor flu events. For more information, visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu. We will notify you of any changes to our school's plan to prevent the spread of the flu this season.



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Sincerely,

SPANISH SCHOOLWIDE GENERAL INFLUENZA LETTER**Estimado padre o Guardianes:**

Se acerca la temporada de gripe. Por favor ayude a prevenir la propagación de la gripe en nuestra escuela. La gripe se transmite de persona a persona y los estudiantes se encuentran entre los más afectados. Queremos mantener la escuela abierta durante la temporada de gripe y no podemos hacerlo sin usted.

Aquí hay algunas maneras de ayudar:

- Conozca los signos de la gripe: Los signos pueden ser fiebre de más de 100 grados, tos, dolor de garganta, dolor de cuerpo, dolor de cabeza y sensación de mucho cansancio. Algunas personas también pueden vomitar o tener diarrea.
- Mantenga a los niños enfermos en casa. Los niños deben permanecer en casa al menos 24 horas después del último signo de fiebre sin utilizar medicamentos. No deben regresar a la escuela dentro de las 24 horas posteriores al último signo de vómito o diarrea. Quienes tienen tos constante deben quedarse en casa hasta que el medicamento la alivie. Cualquier niño que esté enfermo en la escuela debe irse a casa.
- Informar de su ausencia a la enfermera. Si su hijo está afuera con gripe o una enfermedad similar a la gripe, infórmeselo a la enfermera.
- Enseña a tus hijos a lavarse las manos. Lavarse las manos con agua y jabón o usar un desinfectante para manos es la mejor manera de reducir la propagación de gérmenes.
- Enseñe a sus hijos a cubrirse la tos y los estornudos con un pañuelo desechable o con el codo.
- Enséñele a su hijo a no compartir artículos personales como comida o botellas de agua.
- Haga que su hijo reciba la vacuna contra la gripe para protegerlo contra enfermedades graves. Su hijo puede recibir la vacuna contra la gripe en la Oficina de Servicios Clínicos del Distrito Central de Salud en 506 Cromwell Ave, Rocky Hill, CT.

Nuestra escuela trabaja en estrecha colaboración con el Distrito de Salud Central de Connecticut para monitorear los eventos de gripe. Para obtener más información, visite www.flu.gov o llame al 1-800-CDC-INFO para obtener la información más reciente sobre la gripe. Le notificaremos sobre cualquier cambio en el plan de nuestra escuela para prevenir la propagación de la gripe esta temporada.

Con Respeto,

BOSNIAN SCHOOLWIDE GENERAL INFLUENZA LETTER

Poštovani roditelju ili staratelju:

Bliži se sezona gripa. Molimo Vas za pomoć u sprečavanju širenja gripa u našoj školi. Gripa se širi od osobe do osobe, a studenti su među najteže pogođenima. Želimo da škola ostane otvorena tokom sezone gripa i ne možemo to učiniti bez vas.

Evo nekoliko načina da pomognete:

- Znajte znakove gripa: Znaci mogu biti povišena temperatura veća od 100 stepeni, kašalj, grlobolja, bolovi u tijelu, glavobolja i osjećaj jakog umora. Neki ljudi također mogu povraćati ili imati dijareju.
- Držite bolesnu djecu kod kuće. Djeca treba da ostanu kod kuće najmanje 24 sata nakon posljednjih znakova povišene temperature bez upotrebe lijekova. Ne bi se trebali vraćati u školu u roku od 24 sata od posljednjeg znaka povraćanja ili dijareje. Oni koji imaju konstantan kašalj trebaju ostati kod kuće dok ga lijekovi ne ublaže. Svako dijete koje je bolesno u školi treba da ide kući.
- Prijavite njihovo odsustvo medicinskoj sestri. Ako je vaše dijete napolju bolesno od gripe ili bolesti slične gripi, obavijestite medicinsku sestru.
- Naučite svoju djecu da peru ruke. Pranje ruku sapunom i vodom ili korištenje sredstva za dezinfekciju ruku je najbolji način da se smanji širenje klica.
- Naučite svoju djecu da pokriju kašalj i kihanje maramicom ili laktom.
- Naučite svoje dijete da ne dijeli lične stvari kao što su boce za hranu ili vodu.
- Neka vaše dijete primi vakcinu protiv gripa kako bi se zaštitilo od ozbiljne bolesti. Vaše dijete može primiti cjepivu protiv gripa u Uredu za kliničke usluge Centralnog okruga zdravlja u 506 Cromwell Ave, Rocky Hill, CT.

Naša škola blisko sarađuje sa Central Connecticut Health District kako bi pratili događaje gripe. Za više informacija posjetite www.flu.gov ili pozovite 1-800-CDC-INFO za najnovije informacije o gripu. Obavijestit ćemo vas o svim promjenama plana naše škole za sprječavanje širenja gripa ove sezone.



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S poštovanjem,

ATTACHMENT D**CCHD's Recommendations for the Frequency of Cleaning During a Gastrointestinal Illness Outbreak*****Recommended Control Measures - Food Handling and Dining***

- Ill food handlers must be sent home and remain at home until at least 48 hours after symptoms resolve. Food handlers will need two negative stool samples within 24 hours apart to be able to return to work.
- Require food service workers to follow food guidelines regarding proper cooking and holding temperatures and refrigerating leftovers within 2 hours of cooking.
- Throw away all potentially contaminated food.
- Require food service workers to wear gloves when handling, serving, and preparing food.
- Ensure clean water, soap, and paper towels are available in dining areas.
- Ensure all food service workers use strict handwashing with soap and water. Hand sanitizers are not an acceptable substitute because they are not as effective against norovirus.
- Stop using self-service or communal food bars for school meals, including shared water pitchers, utensils, saltshakers, etc.
- Do not let children serve themselves as this might promote direct hand contact with shared foods. Wash dishes, utensils, and cups using a dishwasher (with hot water and detergent), or a 3-bay sink, following proper ware washing procedures (wash, rinse and sanitize).
- Consider using single-use dining materials if reusable dining materials cannot be thoroughly cleaned.

Recommended Disinfection:

Bleach is the best chemical to kill gastrointestinal bacteria and viruses. If you do not use bleach, you should use a chemical that is registered with the Environmental Protection Agency as being effective against Norovirus and follow the manufacturer's instructions:

<https://www.epa.gov/pesticide-registration/list-g-epas-registered-antimicrobial-productseffective-against-norovirus>.

- To prepare a bleach solution, use 3/4 cup concentrated bleach (or 1 cup of regular strength bleach) to one gallon of water.
- Prepare fresh bleach solutions daily. After preparation, the solution will lose its potency over time and not work as well. Make a new cleaning solution often, at least every 24 hours, and especially after cleaning up vomit/feces.

- Disinfect all surfaces within a 10-foot circle from the area of vomiting or diarrhea.
- Leave bleach on the surface for at least 5 minutes covering the entire surface and then rinse thoroughly with clean water.
- Bleach should never be mixed with other cleaners/disinfectants as it can create poisonous gases.

Recommended General cleaning and disinfection recommendations:

- Advise custodial staff to use gloves, masks and cover their clothes whenever they have contact with an affected individual or contaminated environment.
- Clean soiled carpets and soft furnishings with hot water and detergent or steam clean; avoid vacuum cleaning to prevent aerosolizing the virus or bacteria.
- Discard items that are difficult to clean, like puzzle pieces, chalk, crayons, and clay.
- Clean high-touch objects frequently (faucets, door handles, water fountains and toilet or bath rails)
- Prepare plan for meticulous final cleaning (sometimes called a “terminal” cleaning) 72 hours after resolution of the last individual ill.



March 5, 2024

ATTACHMENT E: GI ILLNESS LETTER

Dear Parent or Guardian:

This letter is to provide you with information about a gastrointestinal (GI) illness outbreak in your child's classroom. GI illness is defined as loose, watery stools occurring three or more times a day, with or without vomiting or fever of greater than 100 degrees, and stomach cramps.

To prevent widespread GI illness in the school, we recommend that your child stay home from school if they are experiencing symptoms. Students with GI illness should remain home for at least 24 hours after vomiting and/or diarrhea has ceased without the use of medication.

Our school has our custodial staff disinfect surfaces, doorknobs, and banisters daily. The school is also ensuring that there is soap and hand sanitizer in all dispensers and encouraging everyone to remind students about the importance of hand washing.

To help prevent GI illness, teach your children good hygiene habits:

- **Wash your hands often!** This will help protect you from germs.
- **Avoid touching your eyes, nose, or mouth.** Germs are often spread when a person touches something that is contaminated, and then touches his/her eyes, nose, or mouth.
- **Get enough sleep.** Lack of sleep/rest reduces your body's resistance to the flu.
- **Drink lots of water.** Catching the flu becomes more likely when you are dehydrated.
- **Eat five (5) or more servings of fruit and vegetables daily.** Good nutrition is an excellent way to keep your body resistant to germs.
- **Exercise.** Activities that increase your heart rate, such as walking, biking, and swimming, are excellent ways to keep your body resistant to disease.

Please contact your school nurse if you have additional questions or concerns. Thank you in advance for helping make this year at school as healthy as possible.

Sincerely,

SPANISH GI ILLNESS LETTER

Estimado padre o Guardianes:

Esta carta es para brindarle información sobre un brote de enfermedad gastrointestinal (GI) en el salón de clases de su hijo. La enfermedad gastrointestinal se define como heces blandas y acuosas que ocurren tres o más veces al día, con o sin vómitos o fiebre de más de 100 grados, y calambres estomacales.

Para prevenir enfermedades gastrointestinales generalizadas en la escuela, recomendamos que su hijo se quede en casa y no vaya a la escuela si presenta síntomas. Los estudiantes con enfermedades gastrointestinales deben permanecer en casa durante al menos 24 horas después de que hayan cesado los vómitos y/o la diarrea sin el uso de medicamentos.

Nuestra escuela hace que nuestro personal de conserjería desinfecte superficies, pomos de puertas y barandillas diariamente. También nos aseguramos de que haya jabón y desinfectante para manos en todos los dispensadores y alentamos a todos a recordar a los estudiantes la importancia de lavarse las manos.

Para ayudar a prevenir enfermedades gastrointestinales, enséñeles a sus hijos buenos hábitos de higiene:

- ¡Lávate las manos con frecuencia! Esto le ayudará a protegerse de los gérmenes.
- Evita tocar tus ojos, nariz o boca. Los gérmenes a menudo se transmiten cuando una persona toca algo que está contaminado y luego se toca los ojos, la nariz o la boca.
- Dormir lo suficiente. La falta de sueño/descanso reduce la resistencia del cuerpo a la gripe.
- Beber mucha agua. Es más probable contraer gripe cuando estás deshidratado.
- Consume cinco (5) o más porciones de frutas y verduras al día. Una buena nutrición es una excelente manera de mantener su cuerpo resistente a los gérmenes.
- Ejercicio. Las actividades que aumentan el ritmo cardíaco, como caminar, andar en bicicleta y nadar, son formas excelentes de mantener el cuerpo resistente a las enfermedades.

Comuníquese con la enfermera de su escuela si tiene preguntas o inquietudes adicionales. Gracias de antemano por ayudar a que este año escolar sea lo más saludable posible.

Atentamente,

BOSNIAN GI ILLNESS LETTER

Poštovani roditelje ili staratelji:

Ovo pismo vam pruža informacije o izbijanju gastrointestinalnih (GI) bolesti u učionici vašeg djeteta. Gastrointestinalna bolest se definiše kao rijetka, vodenasta stolica koja se javlja tri ili više puta dnevno, sa ili bez povraćanja ili povišene temperature preko 100 stepeni, i grčeve u želucu.

Kako biste spriječili raširenu gastrointestinalnu bolest u školi, preporučujemo da vaše dijete ostane kod kuće iz škole ako ima simptome. Učenici sa gastrointestinalnim oboljenjima trebaju ostati kod kuće najmanje 24 sata nakon prestanka povraćanja i/ili dijareje bez upotrebe lijekova.

Naša škola ima naše osoblje koje svakodnevno dezinficira površine, kvake i ograde. Također se brinemo da u svim dozatorima ima sapuna i sredstva za dezinfekciju ruku i potičemo sve da podsjetite učenike na važnost pranja ruku.

Kako biste spriječili gastrointestinalne bolesti, naučite svoju djecu dobrim higijenskim navikama:

- Često perite ruke! Ovo će vam pomoći da se zaštitite od mikroba.
- Izbjegavajte dodirivanje očiju, nosa ili usta. Klice se često šire kada osoba dodirne nešto što je kontaminirano, a zatim dodirne oči, nos ili usta.
- Spavajte dovoljno. Nedostatak sna/odmora smanjuje otpornost organizma na grip.
- Pijte puno vode. Veća je vjerovatnoća da ćete dobiti gripu kada ste dehidrirani.
- Jedite pet (5) ili više porcija voća i povrća dnevno. Dobra ishrana je odličan način da održite svoje telo otpornim na klice.
- Vježba. Aktivnosti koje povećavaju broj otkucaja srca, kao što su hodanje, vožnja bicikla i plivanje, sjajni su načini da održite svoje tijelo otpornim na bolesti.

Molimo kontaktirajte svoju školsku medicinsku sestru ako imate dodatnih pitanja ili nedoumica. Unaprijed zahvaljujemo što ste pomogli da ova školska godina bude što zdravija.

pažljivo,

ATTACHMENT F**Central Connecticut Health Districts Standard Operating Procedure for Foodborne Outbreaks:****Objective:**

Provide instruction on the investigation of a foodborne outbreak as described in the literature published by the Connecticut Department of Public Health and to identify the cause of such an outbreak to prevent additional cases of illness, as required by Regulatory Authority to Investigate Outbreaks Sec 19a-36-a6.

Procedure:

1. The Environmental Health Specialist (EHS) assigned to that FSE or Supervising Sanitarian, whoever is available first, will discuss issue with complainant and complete the [Foodborne Alert Complaint Form](#). Once completed the form will be submitted to DPH Food Protection Program (DPH FPP) by fax (860)-706-5854.
 - a. If EHS or Supervising Sanitarian is not immediately available, information will be collected by the administrative staff on complainant name, phone number, suspected food service establishment (FSE), food item, and date of service of suspected meal. Complainant to be called back as soon as possible to complete step listed above.
2. A single complaint triggers an alert and multiple unrelated complaints require a full outbreak investigation.
 - a. Assistance from the DPH FPP may be requested in the event of a full outbreak investigation.
3. Following an alert, the EHS will conduct a site visit of the establishment. A routine food service inspection will not be conducted at this time. Information will be collected including menu items, name of staff members actively employed, if the suspect illness is related to a special event or banquet collect the number of attendees and specific menu items served at that event, also include any foods that may have been brought from outside the FSE (homemade items). The EHS will notify the FSE that a complaint regarding alleged foodborne illness was received, ask if other complaints of illness were received, and if workers were absent or have reported gastrointestinal symptoms.
4. Once a second complaint is received and the Foodborne Alert Complaint Form is submitted, the incident is deemed an outbreak. The responsibility of interviewing ill patrons falls upon Department of Public Health Food Protection Programs Epidemiologists.
5. The role of the local health department in an outbreak: Conduct environmental investigation that may include interviewing food workers using the forms provided by the

DPH FPP - Food Worker Interview; collecting food worker stool samples; collecting food and environmental samples for laboratory analysis; conducting food preparation reviews; identifying contributing factors (contamination, proliferation, and survival); and monitoring long and short-term controls.

6. Stool samples should be collected from all employees, but exceptions can be made for staff members on their involvement in prep or service around the suspect date. Confirm with FPP test type(s) to be requested (the default request is enteric (stool) culture and Norovirus PCR), pre-label bottles for each individual sample, place account label on clinical sample lab request, and log test kits distributed on Stool Sample Tracking Form. If food samples are collected fill out, Food and Environmental Sample Test Request Form and log on Food Sample Tracking Form.
 - a. Horizon profile for Central CT Health District – 436.
7. All information gathered from the investigation by the EHS should be compiled and shared with investigation team colleagues within CCHD and DPH, minimally daily. Prompt transmission of information can improve response and guide the investigation.
8. Upon receipt of a positive stool sample result, food workers should be informed and advised of their responsibilities. **This information cannot be shared with anyone besides the subject regardless of their relationship or position at the establishment.** If Norovirus is indicated by pathology, workers should be questioned to see if they are symptomatic. If the worker is symptomatic, they must be excluded from the facility, non-symptomatic norovirus workers can work after being asymptomatic for 48 hours. If a worker is identified through other bacterial or viral pathology, the worker must be excluded until two negative samples can be produced.
9. Release of information regarding a food borne outbreak is strictly confidential. Freedom of Information Act (FOIA) Requests should be addressed with the CCHD Director of Health and The Department of Public Health Food Protection Program. See FOIA SOP for further details.
10. This file will remain segregated and secure from the food service establishment files and locked.
11. The EHS will compile a final report of the event which should include but not be limited to a timeline, samples taken and submitted for analysis, workers restricted, and interventions developed to prevent further outbreaks.

POSTERS AND HANDOUTS



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

School Guide

How to Clean and Disinfect Schools to Help Slow the Spread of Flu

Cleaning and disinfecting are part of a broad approach to preventing infectious diseases in schools. To help slow the spread of influenza (flu), the first line of defense is getting vaccinated. Other measures include covering coughs and sneezes, washing hands, and keeping sick people away from others. Below are tips on how to slow the spread of flu specifically through cleaning and disinfecting.

- 1. Know the difference between cleaning, disinfecting, and sanitizing.**

Cleaning removes germs, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

Disinfecting kills germs on surfaces or objects. Disinfecting works by using chemicals to kill germs on surfaces or objects. This process does not necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

Sanitizing lowers the number of germs on surfaces or objects to a safe level, as judged by public health standards or requirements. This process works by either cleaning or disinfecting surfaces or objects to lower the risk of spreading infection.
- 2. Clean and disinfect surfaces and objects that are touched often.**

Follow your school's standard procedures for routine cleaning and disinfecting. Typically, this means daily sanitizing surfaces and objects that are touched often, such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones, and toys. Some schools may also require daily disinfecting these items. Standard procedures often call for disinfecting specific areas of the school, like bathrooms.

Immediately clean surfaces and objects that are visibly soiled. If surfaces or objects are soiled with body fluids or blood, use gloves and other standard precautions to avoid coming into contact with the fluid. Remove the spill, and then clean and disinfect the surface.
- 3. Simply do routine cleaning and disinfecting.**

It's important to match your cleaning and disinfecting activities to the types of germs you want to remove or kill. Most studies have shown that the flu virus can live and potentially infect a person for only 2 to 8 hours after being deposited on a surface. Therefore, it is not necessary to close schools to clean or disinfect every surface in the building to slow the spread of flu. Also, if students and staff are dismissed because the school cannot function normally (e.g., high absenteeism during a flu outbreak), it is not necessary to do extra cleaning and disinfecting.

Flu viruses are relatively fragile, so standard cleaning and disinfecting practices are sufficient to remove or kill them. Special cleaning and disinfecting processes, including wiping down walls and ceilings, frequently using room air deodorizers, and fumigating, are not necessary or recommended. These processes can irritate eyes, noses, throats, and skin; aggravate asthma; and cause other serious side effects.

 U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
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- 4. Clean and disinfect correctly.**

Always follow label directions on cleaning products and disinfectants. Wash surfaces with a general household cleaner to remove germs. Rinse with water, and follow with an EPA-registered disinfectant to kill germs. Read the label to make sure it states that EPA has approved the product for effectiveness against influenza A virus.

If an EPA-registered disinfectant is not available, use a fresh chlorine bleach solution. To make and use the solution:

 - Add 1 tablespoon of bleach to 1 quart (4 cups) of water.
 - For a larger supply of disinfectant, add 1/4 cup of bleach to 1 gallon (16 cups) of water.
 - Apply the solution to the surface with a cloth.
 - Let it stand for 3 to 5 minutes.
 - Rinse the surface with clean water.

If a surface is not visibly dirty, you can clean it with an EPA-registered product that both cleans (removes germs) and disinfects (kills germs) instead. Be sure to read the label directions carefully, as there may be a separate procedure for using the product as a cleaner or as a disinfectant. Disinfection usually requires the product to remain on the surface for a certain period of time.

Use disinfecting wipes on electronic items that are touched often, such as phones and computers. Pay close attention to the directions for using disinfecting wipes. It may be necessary to use more than one wipe to keep the surface wet for the stated length of contact time. Make sure that the electronics can withstand the use of liquids for cleaning and disinfecting.

Routinely wash eating utensils in a dishwasher or by hand with soap and water. Wash and dry bed sheets, towels, and other linens as you normally do with household laundry soap, according to the fabric label. Eating utensils, dishes, and linens used by sick persons do not need to be cleaned separately, but they should not be shared unless they've been washed thoroughly. Wash your hands with soap and water after handling soiled dishes and laundry items.
- 5. Use products safely.**

Pay close attention to hazard warnings and directions on product labels. Cleaning products and disinfectants often call for the use of gloves or eye protection. For example, gloves should always be worn to protect your hands when working with bleach solutions.

Do not mix cleaners and disinfectants unless the labels indicate it is safe to do so. Combining certain products (such as chlorine bleach and ammonia cleaners) can result in serious injury or death.

Ensure that custodial staff, teachers, and others who use cleaners and disinfectants read and understand all instruction labels and understand safe and appropriate use. This might require that instructional materials and training be provided in other languages.
- 6. Handle waste properly.**

Follow your school's standard procedures for handling waste, which may include wearing gloves. Place no-touch waste baskets where they are easy to use. Throw disposable items used to clean surfaces and items in the trash immediately after use. Avoid touching used tissues and other waste when emptying waste baskets. Wash your hands with soap and water after emptying waste baskets and touching used tissues and similar waste.

www.cdc.gov/flu/school
1-800-CDC-INFO

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<https://www.cdc.gov/flu/pdf/freeresources/family/flu-guide-for-parents-2018.pdf>



March 5, 2024



Flu Information

The Flu:

A Guide for Parents



Influenza (the flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. The illness can be mild, with only minor symptoms, but each year flu causes some millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths in the United States.

Flu can be very dangerous for children. CDC estimates that between 6,000 and 20,000 children younger than 5 years have been hospitalized each year in the United States because of influenza. The flu vaccine is safe and helps protect children from flu.

What parents should know

How serious is flu?

While flu illness can vary from mild to severe, children often need medical care because of flu. Children younger than 5 years old at risk of complications are having serious health problems are at high risk of flu complications. The complications, hospitalizations, and even death. Some health problems that are common to children are not related to flu, but include asthma, diabetes and disorders of the heart and immune system.

How does flu spread?

Flu viruses are thought to spread mostly by droplets in the air when someone with flu coughs, sneezes or talks. These droplets can land in the mouths or noses of people nearby. A person also can get flu by touching something that has the virus on it and then touching their mouth, nose, or eyes.

What are the symptoms?

Flu symptoms can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, feeling tired and sometimes vomiting and diarrhea. Some children with flu are also sick. Some people with flu do not feel sick at all.



Protect your child

How can I protect my child from flu?

The first and best way to protect against flu is to get a yearly flu vaccine for yourself and your child.

- Flu vaccination is recommended for everyone 6 months and older every year. Flu shots and nasal spray flu vaccine are both options for vaccination.
- It's especially important that young children and children with certain long-term health problems get vaccinated.
- Complications of children at high risk of flu complications should get a flu vaccine. Children younger than 6 months are at high risk for serious flu complications, but too young to get the vaccine.
- Pregnant women should get a flu vaccine to protect themselves and their baby from flu. Research shows that flu vaccination protects the baby from flu for several months after birth.
- Flu viruses are constantly changing and so flu vaccines are updated often to protect against the flu strains that cause the most illness or are most likely to cause flu during the upcoming flu season.

Is the vaccine safe?

Flu vaccines are made using viral culture and production methods. Millions of people have safely received flu vaccines for decades. Flu shots and nasal spray flu vaccine are both options for vaccination. Different types of flu vaccines are licensed for different ages. Each year you should get one that is appropriate for their age. CDC and the American Academy of Pediatrics recommend annual flu vaccine for all children 6 months and older.

What are the benefits of getting a flu vaccine?

- All flu vaccines can keep you and your child from getting sick. When vaccination and other strategies are combined, flu vaccination helps reduce the risk of getting sick with flu by about half.
- Flu vaccines can keep your child from being hospitalized from flu. Government officials have found that the vaccine reduced a child's risk of hospitalization from flu by over a third by 70%.



Central Connecticut Health District

March 5, 2024

• The vaccine can prevent your child from dying from the deadly virus that causes the disease. It also prevents death by helping children with high-risk medical conditions and by nearly two-thirds among children with no medical conditions.

• The vaccine also helps protect your household if you do get sick.

• Getting yourself and your child vaccinated also can protect others who may be more vulnerable to serious illness, like babies and young children, older people, and people with certain long-term health problems.

What are some other ways I can protect my child against the?

In addition to getting vaccinated, you and your child should take everyday actions to help prevent the spread of germs.

Many everyday things you do as a parent are responsible for keeping your child safe. If you or your child are sick, avoid close contact as much as possible to keep from infecting them. Also, remember to regularly cover your mouth and nose, wash your hands often, avoid touching your eyes, nose and mouth, and clean surfaces that may be contaminated with viruses. These everyday actions can help reduce your chances of getting sick and prevent the spread of germs to others in your family. However, getting the vaccine is the best way to prevent illness.

If your child is sick

What can I do if my child gets sick?

Talk to your doctor early if you are worried about your child's illness.

Make sure your child gets plenty of rest and drinks enough fluids.

If your child is younger than 2 and does not have a long-term health condition and signs for symptoms, including a fever and/or cough, consult your doctor as needed.

Children younger than 2 years of age – especially those younger than 1 year – can get sick with certain long-term health problems including asthma, diabetes and disorders of the digestive system (gastrointestinal) or a weak immune system. Call your doctor or take your child to the doctor right away if they develop the symptoms.

What if my child seems very sick?

Some healthy children can get very sick from the. If your child is experiencing the following warning symptoms, call a healthcare provider for an emergency visit:

- Fast breathing or trouble breathing
- Bluish lips or face

- High fever (over 102°F)
- Coughing
- Severe muscle pain (child refuses to walk)
- Dehydration (no tears for 12 hours, dry mouth, no tears when crying)
- Irritability or increasing sleepiness
- Seizures
- Fever above 104°F
- In children less than 12 weeks, any fever
- Fever or cough that improves but then returns or worsens
- Worsening of chronic medical conditions

This is not an all-inclusive list. Please consult your medical provider for any other symptoms that happen or concerning.

Is there a medicine to treat the?

Yes. Antiviral drugs are used to treat children who are sick with the virus. They can shorten your illness and make it easier to feel better. They can prevent serious complications that could result in a hospital stay. Antiviral drugs work best when started during the first 5 days of illness. Antiviral drugs are recommended to treat the in people who are very sick. This includes people who are in the hospital or people who are at high risk of serious complications who get the symptoms. Antiviral drugs are given to children and pregnant women.

How long can a sick person spread the to others?

People with the virus are able to infect others from 1 day before getting sick to up to 7 days after becoming ill. People who are young children may be able to spread the for longer, especially if they still have symptoms.

Can my child go to school, day care, or camp if he or she is sick?

No. Your child should stay home to rest and to avoid spreading the to other children or caregivers.

When can my child go back to school after having the?

Keep your child home from school, day care, or camp for at least 24 hours after their fever begins. (This may also allow your child to return to school or day care if they are feeling much better.) If there is a fever, use 100°F (38.3°C) or higher.

*This information is based on CDC's updated guidance for COVID-19. It is intended for general use only and does not replace the advice of a healthcare provider. For more information, visit www.cdc.gov/covid19/.

Respiratory Syncytial Virus (RSV) In Infants and Children



FACT SHEET

April 2023

What is Respiratory Syncytial Virus (RSV)

Respiratory syncytial (sin-SISH-uhl) virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms but can be worse in children under the age of 2 years and the elderly. RSV is transmitted in droplets in the air and on surfaces. Cleaning hands and surfaces is one of the best ways to control the spread of RSV.



Facts About RSV

It is very common for children to get an RSV infection by the time they are 2 years old. Most of the time, RSV will cause a mild, cold-like illness. However, RSV can be dangerous for some infants and young children who can become very ill and need to be hospitalized because of inflammation (Bronchiolitis) or infection (Pneumonia) in the lungs.

What are the symptoms of RSV In Infants and Children

RSV may not be severe when it first starts with a runny nose, not eating/drinking well, and a cough. It can quickly progress to wheezing and problems breathing. Infants can even stop breathing for 10 seconds or more. Seek medical care if your infant or child is having a hard time breathing, is not drinking enough liquids, or feeling worse.

Which Infants and Children are at Risk?

Infants and children at greatest risk for becoming severely ill and needing to go into the hospital from RSV are:

- Infants, especially those younger than 6 months, and those who are born prematurely (premies),
- Children younger than 2 years old with breathing or heart problems,
- Children with weak immune systems/immune disorders, and
- Children who have problems with nerves and muscles, especially if they have problems swallowing or clearing mucus.

How do you prevent RSV?

- Wash hands often
- Clean and disinfect surfaces
- Keep your hands off your face
- Avoid close contact with sick people
- Cover your coughs and sneezes
- Stay home when you are sick



****Get medical care if you think you or your children have RSV or call your LHD for more resources/information.**

<https://www.cdc.gov/rsv/downloads/RSV-in-Infants-and-Young-Children.pdf>

Virus sincitial respiratorio (VRS) en bebés y niños



HOJA DE HECHOS

abril 2023

¿Qué es el virus respiratorio sincitial (VRS)?

El virus sincitial respiratorio (sin-SISH-uhl), o RSV, es un virus respiratorio común que generalmente causa síntomas leves parecidos a los del resfriado, pero que puede empeorar en niños menores de 2 años y en ancianos. El RSV se transmite en gotitas en el aire y en las superficies. Limpiar las manos y las superficies es una de las mejores formas de controlar la propagación del RSV.



Datos sobre el VSR

Es muy común que los niños contraigan una infección por VSR cuando tienen 2 años. La mayoría de las veces, el VRS provoca una enfermedad leve parecida a un resfriado. Sin embargo, el VRS puede ser peligroso para algunos bebés y niños pequeños que pueden enfermarse gravemente y necesitar hospitalización debido a una inflamación (bronquiolitis) o infección (neumonía) en los pulmones.

¿Cuáles son los síntomas del VRS en bebés y niños?

Es posible que el VRS no sea grave cuando comienza con secreción nasal, falta de comer o beber bien y tos. Puede progresar rápidamente a sibilancias y problemas para respirar. Los bebés pueden incluso dejar de respirar durante 10 segundos o más. Busque atención médica si su bebé o niño tiene dificultad para respirar, no bebe suficientes líquidos o se siente peor.

¿Cómo se previene el VSR?

- Lávese las manos con frecuencia
- Limpiar y desinfectar superficies.
- Mantén tus manos fuera de tu cara
- Evite el contacto cercano con personas enfermas.
- Cúbrete la tos y los estornudos
- Quédese en casa cuando esté enfermo

**Obtenga atención médica si cree que usted o sus hijos tienen RSV o llame a su LHD para obtener más recursos/información.

<https://www.cdc.gov/rsv/downloads/RSV-in-Infants-and-Young-Children.pdf>



Respiratorni sincicijski virus (RSV) kod dojenčadi i djece



IZVJEŠTAJ O STANJU

april 2023

Šta je respiratorni sincicijski virus (RSV)?

Respiratorni sincicijski virus (syn-SISH-uhl) ili RSV je uobičajen respiratorni virus koji obično uzrokuje blage simptome slične prehladi, ali se može pogoršati kod djece mlađe od 2 godine i starijih osoba. RSV se prenosi kapljicama u vazduhu i na površinama. Čišćenje ruku i površina jedan je od najboljih načina za kontrolu širenja RSV-a.



Činjenice o RSV-u

Vrlo je uobičajeno da djeca dobiju RSV infekciju kada napune 2 godine. U većini slučajeva, RSV uzrokuje blagu bolest nalik prehladi. Međutim, RSV može biti opasan za neke bebe i malu djecu koja se mogu ozbiljno razboljeti i trebaju hospitalizaciju zbog upale (bronhiolitis) ili infekcije (pneumonija) u plućima.

Koji su simptomi RSV-a kod beba i djece?

RSV možda nije ozbiljan kada počne curi iz nosa, ne jede ili pije dobro i kašlje. Može brzo napredovati do zviždanja i problema s disanjem. Bebe mogu čak i prestati da dišu na 10 sekundi ili više. Potražite medicinsku pomoć ako vaša beba ili dijete ima problema s disanjem, ne pije dovoljno tekućine ili se osjeća gore.

Kako se RSV sprječava?

- Često perite ruke
- Očistite i dezinfikujte površine.
- Držite ruke dalje od lica
- Izbjegavajte bliski kontakt sa bolesnim osobama.
- Pokrijte kašalj i kihanje
- Ostanite kod kuće kada ste bolesni



**Potražite medicinsku pomoć ako mislite da vi ili vaša djeca
imaju RSV ili pozovite svog LHD-a za više resursa/informacija.

<https://www.tsdh.gov/downloads/rsv-in-infants-and-young-tchildren.pdf>

Influenza



FACT SHEET

April 2023

Disease name

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. It can cause mild to severe illness.

Flu vaccinations are the best way to protect people of all ages from the disease and its complications

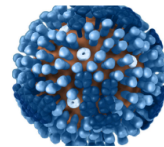
Symptoms of "disease"

- Fever/Chills
- Cough or Sore Throat
- Runny or Stuffy Nose
- Muscle or Body Aches
- Headaches
- Fatigue (tiredness)
- Vomiting and Diarrhea



Transmission of "disease"

The virus is spread by tiny droplets made when people with the flu cough, sneeze or talk.



Persons at Risk and Complications

Everyone is at risk of contracting the disease. Those most at risk include older adults, those who are immunocompromised, and young children.

Complications of the disease include inflammation of the heart, brain or muscle tissue, and organ failure.

Prevention

- Get vaccinated.
- Wash your hands with warm soap and water frequently.
- Avoid close contact with people who are sick.
- Avoid touching eyes, nose and mouth.
- Cover your cough or sneeze with your bent elbow or tissue, and dispose of the tissue immediately.



Other sources for more information:

- CT DPH: www.ct.gov/DPH
- CDC: www.cdc.gov/Influenza

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Influenza



HOJA DE HECHOS

abril 2023

nombre de la enfermedad

La influenza (gripe) es una enfermedad respiratoria contagiosa causada por virus de la influenza que infectan la nariz, la garganta y los pulmones. Puede causar enfermedades de leves a graves.

La vacuna contra la gripe es la mejor manera de proteger a personas de todas las edades de la enfermedad y sus complicaciones.

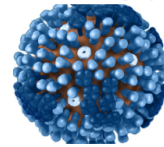
Síntomas de "enfermedad"

- Fiebre/escalofríos
- Tos o dolor de garganta
- Secreción nasal o congestión nasal
- Dolores musculares o corporales
- Dolores de cabeza
- Fatiga (cansancio)
- Vómitos y Diarrea



Transmisión de "enfermedad"

El virus se transmite a través de pequeñas gotas que se producen cuando las personas con gripe tosen, estornudan o hablan.



Personas en riesgo y complicaciones

Todo el mundo corre el riesgo de contraer la enfermedad. Entre los que corren mayor riesgo se encuentran los adultos mayores, los inmunocomprometidos y los niños pequeños.

Las complicaciones de la enfermedad incluyen inflamación del corazón, cerebro o tejido muscular y falla de órganos.

Prevención

- Vacúnate.
- Lávese las manos con agua tibia y jabón con frecuencia.
- Evitar el contacto cercano con personas que están enfermas.
- Evite tocarse los ojos, la nariz y la boca.
- Cúbrase la tos o el estornudo con el codo doblado o con un pañuelo de papel y deséchelo inmediatamente.



Otras fuentes para más información:

CT DPH: www.ct.gov/DPH

CDC: www.cdc.gov/Influenza

****Esta hoja informativa es solo para información y no debe usarse para autodiagnóstico ni como sustituto de la consulta con un proveedor de atención médica. Para obtener más información, llame a su proveedor de atención médica o al Departamento de Salud.**

Influenca



IZVEŠTAJ O STANJU

april 2023

naziv bolesti

Gripa (gripa) je zarazna respiratorna bolest uzrokovana virusima gripe koji inficiraju nos, grlo i pluća. Može uzrokovati blage do teške bolesti.

Vakcina protiv gripa je najbolji način zaštite ljudi svih uzrasta od bolesti i njenih komplikacija.

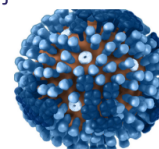
Simptomi "bolesti"

- Groznica/zimica
- Kašalj ili bol u grlu
- Curenje iz nosa ili začepljenost nosa
- Bol u mišićima ili tijelu
- Glavobolje
- Umor (umor)
- Povraćanje i dijareja



Prenos "bolesti"

Virus se širi malim kapljicama koje nastaju kada ljudi sa gripom kašlju, kiju ili pričaju.



Ljudi pod rizikom i komplikacijama

Svako je u opasnosti od zaraze. Oni koji su najugroženiji su starije osobe, imunokompromitovani i mala djeca.

Komplikacije bolesti uključuju upalu srca, mozga ili mišićnog tkiva i zatajenje organa.

Prevenција

- Vakcinirajte se.
- Često perite ruke sapunom i toplom vodom.
- Izbjegavajte bliski kontakt sa bolesnim osobama.
- Izbjegavajte dodirivanje očiju, nosa i usta.
- Pokrijte kašalj ili kihanje savijenim laktom ili maramicom i odmah je bacite.



Ostali izvori za više informacija:

CT DPH: www.ct.gov/DPH CDC: www.cdc.gov/Influenza

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Coronavirus (COVID-19)



FACT SHEET

April 2023

What is COVID-19

Coronaviruses, or Covid-19, are a large family of viruses that can cause illnesses that range from a common cold to more severe respiratory diseases. COVID-19 is a new strain of the virus that can infect both animals and people, and can cause illnesses to the respiratory tract.

There is no way to know how Covid-19 will affect you. Most people have a mild case but it can cause serious illness and death.

Symptoms

- Fever or chills
- Cough
- Shortness of breath
- Fatigue
- Muscle/body aches
- Loss of taste or smell



Transmission

- Spread from person-to-person
- The disease can be spread through small droplets from the nose or mouth, and can spread when a person with COVID-19 coughs or exhales.

Who is at risk and possible complications

Everyone is at risk of contracting the disease. Those most at risk include older adults, those who are immunocompromised, and young children.

Complications of the disease include trouble breathing, organ failure, heart disease, and blood clots.

Prevention

- Get vaccinated.
- Wash your hands with warm soap and water frequently.
- Avoid close contact with people who are sick.
- Avoid touching eyes, nose and mouth.
- Cover your cough or sneeze with your bent elbow or tissue, and dispose of the tissue immediately.



Other sources for more information:

- CT DPH: www.ct.gov/DPH
- CDC: www.cdc.gov/COVID19

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Coronavirus (COVID-19)



HOJA DE HECHOS

abril 2023

¿Qué es el COVID-19?

Los coronavirus, o Covid-19, son una gran familia de virus que pueden causar enfermedades que van desde un resfriado común hasta enfermedades respiratorias más graves. COVID-19 es una nueva cepa del virus que puede infectar tanto a animales como a personas y provocar enfermedades del tracto respiratorio.

No hay forma de saber cómo le afectará el Covid-19. La mayoría de las personas tienen un caso leve pero puede causar enfermedades graves y la muerte.

Síntomas

- Fiebre o escalofríos
- Tos
- Dificultad para respirar
- Fatiga
- Dolores musculares/corporales
- Pérdida del gusto o del olfato.



Transmisión

- Transmitir de persona a persona
- La enfermedad se puede transmitir a través de pequeñas gotas que salen de la nariz o la boca, y puede transmitirse cuando una persona con COVID-19 tose o exhala.

Quién está en riesgo y posibles complicaciones.

Todo el mundo corre el riesgo de contraer la enfermedad. Entre los que corren mayor riesgo se encuentran los adultos mayores, los inmunocomprometidos y los niños pequeños.

Las complicaciones de la enfermedad incluyen dificultad para respirar, insuficiencia orgánica, enfermedades cardíacas y coágulos de sangre.

Prevención

- Vacúnate.
- Lávese las manos con agua tibia y jabón con frecuencia.
- Evitar el contacto cercano con personas que están enfermas.
- Evite tocarse los ojos, la nariz y la boca.
- Cúbrase la tos o el estornudo con el codo doblado o con un pañuelo de papel y deséchelo inmediatamente.



Otras fuentes para más información:

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CDC: www.cdc.gov/COVID19

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Koronavirus (COVID-19)



FACT SHEET

april 2023

Šta je COVID-19?

Koronavirusi ili Covid-19 su velika porodica virusa koji mogu uzrokovati bolesti u rasponu od obične prehlade do ozbiljnih respiratornih bolesti. COVID-19 je novi soj virusa koji može zaraziti i životinje i ljude i uzrokovati bolesti respiratornog trakta.

Ne postoji način da znate kako će Covid-19 uticati na vas. Većina ljudi ima blagi slučaj, ali može uzrokovati ozbiljne bolesti i smrt.

Simptomi

- Groznica ili drhtavica
- Kašalj
- Otežano disanje
- Umor
- Bol u mišićima/telesu
- Gubitak ukusa ili mirisa.



Prijenos

- Prenos od osobe do osobe
- Bolest se može prenijeti malim kapljicama iz nosa ili usta, a može se prenijeti kada osoba s COVID-19 kašlje ili izdiše.

Ko je u opasnosti i moguće komplikacije.

Svako je u opasnosti od zaraze. Oni koji su najugroženiji su starije osobe, imunokompromitovani i mala djeca.

Komplikacije bolesti uključuju otežano disanje, zatajenje organa, bolesti srca i krvne ugruške.

Prevenција

- Vakcinirajte se.
- Često perite ruke sapunom i toplom vodom.
- Izbjegavajte bliski kontakt sa bolesnim osobama.
- Izbjegavajte dodirivanje očiju, nosa i usta.
- Pokrijte kašalj ili kijanje savijenim laktom ili maramicom i odmah je bacite.



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