



## Prevention and Control Measures: Influenza or Influenza-like Illness in Schools or Child Care Facilities

### Transmission:

- Influenza can be spread when droplets from an ill person's cough or sneeze come into contact with mucous membranes in the eyes, mouth, and nose of another person, or when a person touches a surface or object contaminated with influenza virus.

### Prevention and Control Measures:

- Remind faculty, staff, parents, and children to get vaccinated against influenza
- Limit group activities when possible
- Recommendations for children and staff:
  - Always cover your mouth with a tissue when coughing or sneezing. Cough or sneeze into your upper sleeve or elbow, if you do not have a tissue available.
  - Dispose of used facial tissues that contain nasal secretions.
  - Avoiding touching eyes, nose, and mouth with unwashed hands.
  - Stay home until fever free for 24 hours.
  - Practice proper [hand washing hygiene](#).
- Continue routine cleaning and disinfection processes for frequently touched surfaces or common areas with appropriate cleaner. Influenza viruses are generally susceptible to standard cleaning products, including those that contain detergent, chlorine, hydrogen peroxide, and alcohols.



### For More Information:

Visit [cdc.gov](http://cdc.gov) and type [influenza](#) in the SEARCH box.



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