



# COUNTY OF MONTEREY HEALTH DEPARTMENT

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Administration  
Behavioral Health

Clinic Services  
Emergency Medical Services  
Environmental Health/Animal Services

Public Health  
Public Administrator/Public Guardian

*Recipient of The California Endowment's 2017 Arnold X. Perkins Award for Outstanding Health Equity Practice*

## Health Advisory for Educational Settings

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### Influenza Activity Increasing Locally

#### **Current Situation**

The Centers for Disease Control and Prevention (CDC) reports widespread influenza activity in California. Influenza activity is increasing locally, and educational settings may be experiencing high absenteeism as a result. The symptoms of influenza include fever (usually above 100° F), dry cough, sore throat, headache, extreme tiredness, runny or stuffy nose, and muscle aches. Fever is typically not associated with the common cold and therefore is an important symptom to consider when distinguishing between a cold and influenza. Some people with influenza have also reported diarrhea and vomiting. The illness often begins suddenly, and the infected person may feel very sick.

Flu viruses are spread mainly from person to person through coughing or sneezing. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. It takes about 1 to 4 days after being exposed to the virus to develop symptoms. People may be contagious from one day before they develop symptoms to up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods.

#### **Recommendations for Schools and Daycares**

- **Exclude students and staff who have fever** until they have been afebrile for at least 24 hours without the use of fever-reduction medications (e.g. acetaminophen, ibuprofen).
- **Clean and disinfect commonly touched surfaces frequently.** An Environmental Protection Agency-approved disinfectant or a freshly prepared sodium hypochlorite solution (e.g., household chlorine bleach in a 1:100 {500ppm} to 1:10 {5,000ppm} dilution) may be used.
- **Encourage good hand hygiene** among students and staff. Wash hands frequently with soap and warm water. Keep hands away from the mouth, eyes, and nose.
- **Promote influenza vaccination.** Influenza vaccination is recommended for everyone 6 months of age and older. The vaccine is safe, effective, and widely available at pharmacies and medical clinics. Parents can be referred to <https://vaccinefinder.org/> to find a nearby location offering influenza immunizations.
- **Report suspected outbreaks** of respiratory illness to the Monterey County Health Department's Epidemiology & Surveillance Unit at (831) 755-4698.

For additional information about influenza, please contact the Communicable Disease Unit at 831-755-4521, visit our website at [www.mtyhd.org/flu](http://www.mtyhd.org/flu), or visit the CDC's website: <http://www.cdc.gov/flu/>.

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**Health Alert:** Warrants immediate action or attention. **Health Advisory:** Provides information for a specific incident or situation; may not require immediate action. **Health Update:** Provides updated information regarding an incident or situation; unlikely to require immediate action