Influenza-like Illness (ILI) Notification Recommendations

Please use the verbiage below to notify parents of *three or more cases of Influenza-like Illness in a classroom*.

School Name: (Include school name here)
Classroom: (Include classroom name here)

Date: (Include date here)

Dear Parent and/or Guardian:

Several students in your child's classroom have been diagnosed with an influenza-like illness (ILI).

About Influenza-like Illness (ILI):
ILI describes a group of symptoms that are similar to those caused by the influenza (flu) virus. These include high fever, chills, headache, muscle or body aches, cough, sore throat, runny or stuffy nose, and fatigue. ILI may be caused by a virus or other pathogen.

ILI spreads by direct person-to-person contact through saliva, nasal mucus, coughing or sneezing, and through contact with contaminated surfaces and objects.

Next Steps for Your Family:
Watch your child for symptoms of ILI. Children with a fever and other symptoms should stay home from school. Individuals with ILI can return to normal activities when, for at least 24 hours, both are true:

- Symptoms are getting better, **and**
- You have not had a fever (and are not using fever-reducing medication)

Tips to Reduce the Spread of ILI:

- Children should avoid group activities and should stay home from school if they have a fever.
- Remind your child to cover their mouth when they sneeze or cough.
- Encourage good hand hygiene. Wash hands with soap and water for at least 20 seconds.
- Take steps to improve/clean your indoor air by bringing in fresh outdoor air or purifying indoor air. Or move gatherings outdoors.
- Clean surfaces with soap and water. Then use a store-bought disinfectant or homemade solution, being sure to leave disinfectant on the surface for one minute before wiping dry. To make a homemade disinfectant solution: combine 1 gallon of water with 1/3 cup of household bleach.
- Wash and dry clothing, linens, towels, and soft toys at the highest temperature recommended for the fabric.
- Read When and How to Clean/Disinfect Your Home.

Additional prevention strategies you can choose to further protect yourself and others include:

- Wearing a well-fitted mask
- Physical distancing
- Testing

If you have any questions, contact your healthcare provider or Livingston County Health Department at 517-546-6882.