

# Respiratory Infection

## *In Schools*

RESPIRATORY INFECTION (RI) IS ILLNESS WITH COUGH AND FEVER. OTHER SYMPTOMS INCLUDE RUNNY NOSE, SORE THROAT, MUSCLE ACHES, AND BEING TIRED.



### What is a RI Outbreak?

An outbreak is when more people than normal are ill. In Interior Health, if you have more than 10% of your students home due to fever and cough (RI) you should report it to your local public health unit.

### Who do we call if we suspect an outbreak?

You should call your local public health unit and speak to a public health nurse. You can find a list of local Public Health Units at <http://www.interiorhealth.ca/YourHealth/Documents/PublicHealthCentres.pdf>

**Please consult with your public health nurse if considering sending letters home to parents.**

ENCOURAGE PARENTS TO KEEP STUDENTS WITH RESPIRATORY INFECTIONS HOME FROM SCHOOL.

Clean frequently touched surfaces such as door handles, light switches, hand rails, bathrooms and desks often.

For more information click: <http://www.healthlinkbc.ca/healthfiles/hfile12b.stm>

HELPFUL HINTS FOR WHEN YOU HAVE ILLNESS DUE TO RESPIRATORY INFECTIONS (RI) IN YOUR SCHOOL

### What information does public health need?

**You should provide your public health nurse with the following information:**

- ☒ The number of children and staff in the school
- ☒ The number of children and staff who are ill with respiratory infections (by grade and classroom)
  - Include average number of days students are away & if fever present (if known)
  - Let the nurse know if any students have been hospitalized
  - Update this list DAILY for your public health nurse
- ☒ The usual rate of absenteeism for the school

*Public Health may ask for more information if required. This may include a list with:*

- Date the illness started
- Date the illness ended
- The symptoms of each ill person
- Contact information for students or parents

At the beginning of the year, remind parents to report if their child is away from school due to RI illness (cough & fever).

### COVER YOUR COUGH

Teach students and staff to cough or sneeze into their sleeve or a tissue!



### HAND HYGIENE

Remind students and staff to clean their hands after coughing or sneezing

