

MARION COUNTY HEALTH & HUMAN SERVICES COMMUNICABLE DISEASE

RESPIRATORY AND GASTROINTESTINAL (GI) OUTBREAK TOOLKIT FOR SCHOOLS AND DAYCARES

CREATED 2019. UPDATED JULY 2024.



Marion County
OREGON

Health & Human Services

RESPIRATORY OUTBREAKS



Marion County
OREGON
Health & Human Services

GUIDANCE FOR SCHOOLS AND DAYCARES

DO YOU HAVE AN OUTBREAK?

If **30% of the school is absent due to respiratory illness with a minimum of 10 students/staff absent OR 20% of a classroom with at least 3 students/staff absent** with the same symptoms or lab results, then an outbreak should be opened for your school or daycare. For COVID-19 and other respiratory illness the timeframe of onsets is within 72 hours between the ill staff/students.

Report outbreaks of ill students and/or staff with the same symptom profile or lab results such as influenza (flu), respiratory syncytial virus (RSV), COVID-19, etc. to Marion County Health and Human Services (MCHHS) as soon as possible. Call 503-588-5621.

WHAT TO KNOW WHEN YOU CALL:

In order to best assist you, please have answers for the following questions when calling to report respiratory illness:

- The number of students and/or staff that are ill
- The total number of students that attend the facility
- The total number of staff that work at the facility
- Date the symptoms began
- What symptoms are occurring
- What if any testing that has been completed

Timely communication with Marion County is key and may shorten the duration of an outbreak.

QUESTIONS OR NEED TO REPORT?

Call Marion County Health & Human Services Communicable Disease Team at
503-588-5621.

HOW TO MINIMIZE SPREAD OF RESPIRATORY ILLNESS



Marion County
OREGON
Health & Human Services

FLU AND COVID-19 SIGNS AND SYMPTOMS

- Fever or chills
- Headaches
- Fatigue
- Cough
- Sore throat
- Runny nose or congestion
- Body aches
- Vomiting
- Diarrhea

COVID-19 may also cause new loss of taste or smell and/or shortness of breath or difficulty breathing.

TRANSMISSION

The flu is spread through respiratory droplets from coughing and sneezing. Those who are infected may spread illness for **up to 7 days** after becoming ill.

COVID-19 is also spread through respiratory droplets. Infected individuals may spread illness **2 days before symptoms begin and the 2-3 days after**. People who are immunocompromised or who were hospitalized may spread illness for longer periods of time.

HOW TO REDUCE SPREAD

- Frequently and thoroughly wash your hands. If soap and water are unavailable, use hand sanitizer.
- Cover your coughs and sneezes.
- Get vaccinated, keep up-to-date with COVID-19 boosters and annual flu shots.
- Clean and disinfect commonly touched surfaces at least once daily.
- Encourage staff and students to stay home when sick and get tested.
- Wear appropriate protective equipment when caring for ill persons.
- Keep ill persons in a private room away from others until they can go home and complete isolation
- Ask ill persons to wear masks prior to going home.
- Increase ventilation in the building by opening windows, providing fans, turning on exhaust fans in bathrooms, etc.

QUESTIONS OR NEED TO REPORT?

Call Marion County Health & Human Services Communicable Disease Team at
503-588-5621.

HOW TO FILL OUT THE CASE LOG FOR RESPIRATORY OUTBREAKS

USE SEPARATE ROWS FOR EACH PERSON

FILL OUT ALL INFORMATION COMPLETELY

**PROVIDE COMPLETE NAMES AND DATE OF
BIRTHS FOR BOTH RESIDENTS AND STAFF**

**ACCURATELY INPUT DATE OF ONSET FOR
SYMPTOMS OR POSITIVE TEST RESULT**

*Respiratory case logs are not required. MCHHS may request a case log depending on the circumstances and pathogen being investigated.



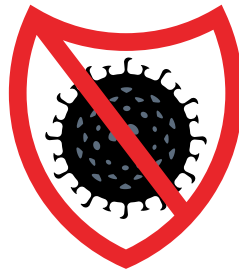
Marion County
OREGON
Health & Human Services



NOTICE!

**WE ARE CURRENTLY EXPERIENCING CASES OF
RESPIRATORY ILLNESS IN OUR FACILITY.**

**WE ARE WORKING WITH MARION COUNTY HEALTH
AND HUMAN SERVICES TO CONTAIN AND CONTROL
THIS CONTAGIOUS ILLNESS.**



**PLEASE DO NOT ATTEND UNLESS YOU ARE FEELING
WELL, OR YOU HAVE BEEN SYMPTOM-FREE FOR AT
LEAST 24 HOURS.**

**IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING,
CONSIDER DELAYING YOUR VISIT:**

- Fever or chills
- Headaches
- Fatigue
- Cough
- Sore throat
- New loss of taste or smell
- Runny nose or congestion
- Body aches
- Vomiting
- Diarrhea
- Shortness of breath



GASTROINTESTINAL (GI) OUTBREAKS



Marion County
OREGON
Health & Human Services

GUIDANCE FOR SCHOOLS AND DAYCARES

DO YOU HAVE AN OUTBREAK?

An outbreak is **two or more sick students and/or staff** with the same symptom profile and/or positive lab results within a short period of time. The timeframe is dependent on the pathogen.

Report two or more ill students and/or staff with the same symptom profile and/or positive lab results such as norovirus, salmonella, etc. to Marion County Health and Human Services (MCHHS).

WHAT TO KNOW WHEN YOU CALL:

In order to best assist you, please have answers for the following questions when calling to report respiratory illness:

- How many students and/or staff are ill
- How many total students attend the facility/affected class
- How many total staff work at the facility
- When symptoms began
- What symptoms are occurring
- What testing has been completed

Timely communication with Marion County is important and may shorten the duration of an outbreak.

QUESTIONS OR NEED TO REPORT?

Call Marion County Health & Human Services Communicable Disease Team at
503-588-5621.

HOW TO MINIMIZE SPREAD OF NOROVIRUS



Marion County
OREGON
Health & Human Services

NOROVIRUS IS VERY INFECTIOUS. YOU MAY SPREAD IT TO OTHERS WHEN YOU HAVE SYMPTOMS AND DURING THE FIRST FEW DAYS AFTER SYMPTOMS ARE IMPROVING. SOME PEOPLE MAY EVEN SPREAD IT FOR LONGER.

NOROVIRUS IS SPREAD THROUGH

- Contact with infectious persons, their vomit and/or diarrhea
- Touching contaminated surfaces
- Consuming water or food that has been contaminated

HOW TO REDUCE SPREAD

- Frequently and thoroughly wash your hands with soap and water.
- Keep ill employees and students home until they are symptom free for at least 48 hours.
- Increase disinfection of high touch surfaces and common areas. Be sure to follow wet contact time for appropriate disinfection.
- Wear appropriate protective equipment when caring for ill individuals.
- Immediately wash all soiled bed linens and clothing.

**USE ONLY EPA- REGISTERED ANTIMICROBIAL PRODUCTS.
SEE THE LIST EFFECTIVE AGAINST NOROVIRUS HERE.**



QUESTIONS OR NEED TO REPORT?

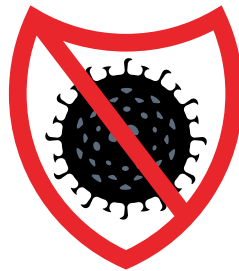
**Call Marion County Health & Human Services Communicable Disease Team at
503-588-5621.**



NOTICE!

WE ARE CURRENTLY EXPERIENCING CASES OF GASTROINTESTINAL ILLNESS IN OUR FACILITY.

WE ARE WORKING WITH MARION COUNTY HEALTH AND HUMAN SERVICES TO CONTAIN AND CONTROL THIS CONTAGIOUS ILLNESS.



PLEASE DO NOT VISIT UNLESS YOU ARE FEELING WELL, OR YOU HAVE BEEN SYMPTOM-FREE FOR AT LEAST 48 HOURS.



Marion County
OREGON
Health & Human Services

HOW TO FILL OUT THE CASE LOG FOR GI OUTBREAKS

USE SEPARATE ROWS FOR EACH PERSON

FILL OUT ALL INFORMATION COMPLETELY

**PROVIDE COMPLETE NAMES AND DATE OF
BIRTHS FOR BOTH RESIDENTS AND STAFF**

**ACCURATELY INPUT DATE OF ONSET FOR
VOMITING AND/OR DIARRHEA**

**LIST DURATION IN HOURS FOR SYMPTOMS
OR EXACT DATE AND TIME IT STOPPED**



TOOLS & RESOURCES

INFECTION CONTROL

SCHOOLS AND DAYCARES



*FOR ADDITIONAL INFORMATION,
CLICK ON TEXT TO GO TO LINKED WEB PAGE*

COVID-19

[CDC Covid-19 Symptoms](#)

[CDC - How to Protect Yourself and Others](#)

[Cover your Cough Poster - CDC](#)

[EPA's List of Covid-19 Disinfectants - List N Tool](#)

[Oregon Health Authority - Vaccination Assistance and Locator](#)

*If you have a primary care provider, please consider reaching out to them first.

[6 Steps for Safe and Effective Disinfectant Use](#)

INFLUENZA-LIKE ILLNESS (NON-COVID)

[Cover your Cough Poster - CDC](#)

[Crisis and Emergency Risk Communication \(CERC\) Toolkits](#)

[Flu Information for Health Professionals](#)

[Oregon Flu Prevention Website](#)

[Oregon Health Authority - Vaccination Assistance and Locator](#)

*If you have a primary care provider, please consider reaching out to them first.



Marion County
OREGON
Health & Human Services

TOOLS & RESOURCES

INFECTION CONTROL

SCHOOLS AND DAYCARES

GASTROINTESTINAL (GI) OUTBREAKS

[EPA's Registered Antimicrobial Products Effective Against Norovirus](#)
[Norovirus Outbreak Detection and Management](#)

OREGON DEPARTMENT OF EDUCATION GUIDANCE

[ODE Communicable Disease Guidance for Schools](#)

OREGON DEPARTMENT OF EARLY LEARNING

[Oregon Department of Early Learning Childcare Rules](#)



Marion County
OREGON
Health & Human Services

CITATIONS FOR SCHOOLS & DAYCARES OUTBREAK GUIDANCE

1. Centers for Disease Control and Prevention. (n.d.-b). How to protect yourself and others. Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
2. Centers for Disease Control and Prevention. (2023, August 25). Who should and who should not get a flu vaccine. Centers for Disease Control and Prevention. <https://www.cdc.gov/flu/prevent/whoshouldvax.htm>
3. Centers for Disease Control and Prevention. (2024, March 20). Preventive actions. Centers for Disease Control and Prevention. <https://www.cdc.gov/flu/prevent/prevention.htm>
4. Centers for Disease Control and Prevention. (n.d.-c). Infection control: Severe acute respiratory syndrome coronavirus 2 (SARS-COV-2). Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>
5. Centers for Disease Control and Prevention. (n.d.-a). How norovirus spreads. Centers for Disease Control and Prevention. <https://www.cdc.gov/norovirus/causes/index.html#:~:text=Norovirus%20spreads%20through%20sick%20people%20and%20contaminated%20surfaces,with%20norovirus%20has%20diarrhea%20that%20splatters%20onto%20surfaces.>
6. Norovirus outbreaks - investigative guidelines. Oregon Health Authority. (2010). <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/COMMUNICABLE/DISEASE/REPORTING/COMMUNICABLE/DISEASE/REPORTINGGUIDELINES/Documents/norovirus.pdf>
7. Novel coronavirus disease 2019 (covid-19). Oregon Health Authority. (2020). <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/COMMUNICABLE/DISEASE/REPORTING/COMMUNICABLE/DISEASE/REPORTINGGUIDELINES/Documents/Novel-Coronavirus-2019.pdf>

