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Communicable Disease Case and Outbreak Toolkit for Schools and Childcare

Guidance for Schools and Childcare Sites to Report and
Manage Communicable Disease Cases and Outbreaks

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This toolkit provides guidance for reporting and responding to specific communicable diseases commonly encountered in childcare and school settings.

What is reportable?

This guidance does not replace or revise applicable laws or other requirements that apply to school or licensed childcare settings, including but not limited to their authority to exclude individuals on the basis of health and safety. See the California Health and Safety Code (e.g., § [120230](#)), Education Code (e.g., § [48213](#), § [49451](#)), California Code of Regulations (e.g., Titles 17 and 22), and child care center licensing requirements such as daily inspection for illness.

[Title 17 Section 2508](#) requires schools and childcare sites to report the following to local public health:

1. Individual cases of [Title 17 diseases](#) (e.g., measles, pertussis).
2. Outbreaks, as defined in Table 1 below.
3. Unusual disease occurrences.

To report to Alameda County Public Health, call the Acute Communicable Disease (ACD) Section at 510-267-3250.

How do I respond to individual cases of communicable diseases?

Answer these questions referring to [APPENDIX A](#):

- Is this disease reportable?
- Do I need to post/send out an exposure notice?
- Does the individual need to be excluded?
- When can the individual return, if excluded?

Refer to [APPENDIX A - Common Childhood Diseases](#) for Alameda County Public Health's recommendations for individual cases of specific communicable diseases. For symptoms without a diagnosis, consider consulting CDPH's [Guidance for Responding to Symptoms of Illness in Childcare or School](#).

For additional information, please see Shope, T. and Hashikawa, A.N. (2023). *Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide* (6th ed.). American Academy of Pediatrics.

Responding to Outbreaks

- **Childcare centers licensed by California Department of Social Services (CDSS):** Per [Title 22](#), licensees should report *all outbreaks or suspected outbreaks involving two or more children of any communicable disease*, including those not listed in Title 17, Section 2500, such as head lice.
- **K-12 schools and other non-licensed settings:** In general, an outbreak is defined as more cases of an illness than expected for a particular group at a particular time. See Table 1 below for details.

Table 1. Outbreak Reporting Thresholds for Alameda County Public Health Department (does NOT apply to CDSS-licensed facilities)

Gastrointestinal Illness	Viral Respiratory Illness	Reportable Title 17 Disease
3 or more cases of vomiting and/or diarrhea (3 or more episodes of loose stools within a 24-hour period or an occurrence of loose stools that is above normal for the person) in a student or staff member, with symptom onset occurring within 72 hours and within the same group (such as a single classroom, sports team, or after-school group).	Please follow the guidance in the Respiratory Guidance and Outbreak section below and contact us if you need additional assistance	1 or more cases (includes pertussis and tuberculosis)

Figure 1: Outbreaks Among Schools and Childcare 2018- July 2024, Alameda County

Outbreaks among schools and childcare



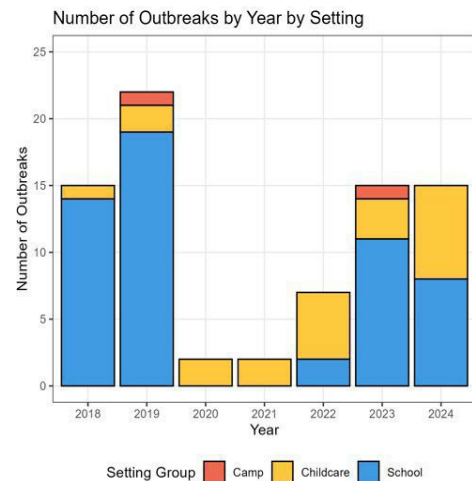
From 2018 to present ACD has worked on **78** gastrointestinal (GI) and non-COVID respiratory outbreaks in school and childcare settings



Across the outbreaks, a total of 2,285 people were ill



The average median age of those ill was 9.5 years old



Of the 66 GI outbreaks:

- 40 outbreaks were Norovirus
 - 39 suspect, 1 confirmed
- 2 outbreaks were Shigella
- 24 outbreaks did not identify a cause
- Symptoms included:
 - Fever, diarrhea, vomiting, nausea, abdominal cramps, headache
- Median duration was 14.5 days

Of the 12 respiratory outbreaks:

- 2 outbreaks were suspect RSV
- 2 outbreaks were strep throat
- 2 outbreaks were influenza
 - One suspect, one confirmed
- 2 outbreaks were pertussis
- 4 outbreaks were unidentified respiratory illnesses
- Symptoms included:
 - Fever, cough, runny nose, sore throat
- Median duration was 11.5 days

Am I required to report the outbreak?

For most illnesses, report any suspected outbreak. Schools and facilities not licensed by CDSS do not need to report the following outbreaks, but you can still call Alameda County Public Health for guidance:

- Lice
- Scabies
- Bed bugs
- Hand, foot, and mouth disease
- Pink eye
- Viral respiratory illnesses

How do I report the Outbreak?

To report to Alameda County Public Health, call the Acute Communicable Disease (ACD) Section at 510-267-3250.

Basics of Gastrointestinal Illness

Gastrointestinal (GI) viruses spread quickly and easily through small particles of poop and vomit, potentially contaminating nearby food, surfaces, and objects. Be sure to:

- Thoroughly clean and disinfect soiled and high-touch areas.
- Promote proper handwashing with soap and water. Hand-sanitizers may not be effective against all GI illnesses.
- Wash fruits and vegetables before eating. Cook meat thoroughly. Do not handle food or care for others when you are sick.

Generally, people with GI illness are most contagious while symptomatic and in the first few days of feeling better.

- The specifics on symptom type, onset, duration, and guidelines for return will vary depending on the illness. Refer to the [CDPH symptom guidance](#) for considerations on returning to school with unspecified GI illnesses. For specific known diseases, see [APPENDIX A - Common Childhood Diseases](#).

Norovirus is the most common cause of GI outbreaks in school/childcare settings*, but GI outbreaks can still be caused by other viruses, bacteria, or parasites (see [APPENDIX B – Norovirus Information for Schools and Childcare](#)).

- Frequently, the exact pathogen causing a GI outbreak will not be known. In such instances, schools should apply Norovirus outbreak control measures, which involves a bleaching/disinfecting response comprehensive enough to eliminate *any* GI microbe. See *Managing Gastrointestinal Illnesses and Outbreaks* below. Please see [CDPH Norovirus Toolkit for School and Childcare Center Outbreaks](#) for additional detailed guidance.

*Claire P. Mattison, Laura E. Calderwood, Zachary A. Marsh, Mary E. Wiksw, Neha Balachandran, Anita K. Kambhampati, Michelle E. Gleason, Hannah Lawinger, Sara A. Mirza; Childcare and School Acute Gastroenteritis Outbreaks: 2009–2020. *Pediatrics* November 2022; 150 (5): e2021056002. 10.1542/peds.2021-056002

Managing Gastrointestinal Illnesses and Outbreaks:

How do I manage a GI Outbreak?

Follow the steps outlined below to manage the outbreak:

- ISOLATE and TRACK symptomatic individuals.
- CLEAN¹ and DISINFECT² soiled and high touch areas.
- REPORT to Alameda County Public Health at 510-267-3250.
- EDUCATE on hand hygiene, cleaning, and disinfection.
- MONITOR absences and illnesses to identify additional cases.
- For sites with nutrition/food services, follow steps under FOOD SAFETY.

1. ISOLATE

- ☐ Immediately remove students/staff from any area where vomiting or diarrhea incidents have occurred until the area has been cleaned and disinfected with a bleach solution or approved disinfectant for Norovirus (see [APPENDIX C - Clean- up and Disinfection for Norovirus](#) & [APPENDIX D - Help Prevent the Spread of Norovirus](#), and [Cleaning and Disinfection](#) section below).
- ☐ Send home anyone with diarrhea or vomiting, including staff. Contact parents or guardians to pick up their children as soon as possible.
 - Instruct students and staff to stay home from school if they become sick with vomiting or diarrhea at home. Notify all sick people that they can return to school 48 hours after vomiting and diarrhea have stopped.
- ☐ Keep all sick people away from others while they wait to be picked up. Avoid common areas like hallways, cafeterias, and lunch areas.
 - Start a line list of anyone with diarrhea or vomiting. Note their symptoms, name, grade, classroom number, and date of symptom onset (See [APPENDIX E – VGI Line List Template](#)).
 - Consider excluding affected classrooms from group activities (e.g., clubs, dances, sports, assemblies) until Alameda County Public Health notifies administration that the outbreak is over.

¹ [Cleaning](#) removes most germs, dirt, and impurities from surfaces. Clean with water, soap, and scrubbing.

² [Disinfecting](#) kills most germs on surfaces and objects. Disinfecting is done with stronger bleach solutions or chemicals. Clean surfaces before you disinfect them.

2. CLEAN AND DISINFECT

Clean

- ☐ Cleaning staff should wear a mask, disposable gloves, gowns, and eye protection when cleaning up vomit or fecal material. When finished, remove protective gear before leaving area and wash hands immediately with soap and water.
- ☐ Remove vomit or diarrhea right away.
 - Soak liquids with disposable absorbent materials, such as cloth, baking soda, paper towels, sawdust, or kitty litter. Do not vacuum material. Steam cleaning may be preferable for carpets.
 - Using gloves, pick up material with paper towels and discard in plastic trash bag.
- ☐ Clean up soiled and high touch areas immediately.
 - Wash areas with soapy water.
 - Rinse areas with plain water.
 - Wipe areas dry with paper towels.
 - Discard all waste into a plastic trash bag or biohazard bag. Immediately close and dispose of bag. Don't stop here! Move onto disinfection after surface is cleaned.
- ☐ Discard soiled objects that are too difficult to clean and disinfect, like puzzle pieces, crayons, or chalk.
- ☐ Implement at least twice daily general cleaning and disinfection of common areas and high-touch surfaces such as classrooms, bathrooms, cafeteria, door handles, handrails, light switches, desks, chairs, tablets, keyboards, play structures and sports equipment.
 - See [APPENDIX D – Help Prevent the Spread of Norovirus](#).
- ☐ Clean and disinfect inside of all transport vans or buses daily using a bleach solution.
 - See [APPENDIX D – Help Prevent the Spread of Norovirus](#).
 - If the bus is soiled with vomit or feces, See [APPENDIX C – Clean-up and Disinfection for Norovirus](#).

Disinfect

Note: Disinfection should only be done by trained staff using PPE and following standard precautions and OSHA guidelines.

- ☐ After cleaning up vomit and diarrhea (see above), apply a freshly prepared bleach solution to contaminated surfaces as well as surfaces within a 10-to-25-foot radius of the vomit or diarrhea incident.
 - Use a bleach solution with a concentration of 1000-5000 ppm.
 - 1000 ppm bleach solution is approximately 1/3 cup regular bleach (or 1/4 cup of concentrated bleach) to 1 gallon water.
 - 3500 ppm bleach solution is approximately 1 cup regular bleach (or 3/4 cup concentrated bleach) to 1 gallon water.
 - 5000 ppm bleach solution is approximately 1 and 2/3 cups regular bleach (or 1 and 1/4 cup of concentrated bleach) to 1 gallon of water.

- See [APPENDIX C - Clean-Up and Disinfection for Norovirus](#) in English and Spanish for directions to make a 1000 and 5000 ppm bleach solution.
- ☐ Allow surfaces to remain wet for at least 5 minutes.
- ☐ Rinse food contact surfaces with clean water after disinfecting with bleach solution.
- ☐ Make sure rooms are [well-ventilated](#).
- ☐ Bleach is the most effective disinfectant against Norovirus. If unable to use bleach, use a disinfectant from [EPA List G](#), but be aware that these disinfectants may not be as effective as bleach. Never mix bleach with any other cleaning products.
- ☐ Whenever possible use cleaning materials that can be thrown away after each use. If not possible, change bleach solution, mop head, or any other cleaning materials after each clean up and launder them with hot water before using again.
- ☐ Aim to disinfect high touch surfaces and objects at least twice daily until the outbreak is over.
- ☐ In daycare settings with young children, be sure to clean and disinfect any item that has been in a child's mouth before it is used by other children. Be sure that staff wash hands with soap and water after touching items that have been in children's mouths.
- ☐ For additional cleaning and disinfection guidance for specific surfaces and items, see Table 2 below.

Table 2: Cleaning and Disinfection Instructions for Specific Surfaces and Items.

High-Touch Surfaces E.g., Door handles, handrails, light switches, toilets, faucets, tables, counters, chairs, walls, toys, phones, playground equipment, activity centers, and shared items.	• Carefully remove any vomit and diarrhea, and clean contaminated objects and surfaces with soap and hot water. Then, disinfect with the bleach solution. • Supply classrooms with disinfectant spray or wipes listed on EPA List G for use by teachers and staff to frequently disinfect high-touch surfaces in the classroom, such as desks, doorknobs, chairs, tablets, and other non-porous classroom item/surfaces that are frequently touched. • Always keep cleaning supplies in an area where they cannot be accessed by students.
Non-Porous (Hard) Surfaces E.g., Toilets, sinks, furniture, walls, floors and other hard	• Carefully remove vomit and diarrhea, and clean contaminated objects and surfaces with soap and hot water. Then, disinfect with the

surfaces.	bleach solution.
Porous Surfaces E.g., Carpets, upholstery, and other porous surfaces.	- For contaminated surfaces that cannot be disinfected with bleach, such as carpets and some furnishings, after removing the vomit or feces and cleaning with soap and hot water, steam-clean at a temperature of 158° F for five minutes or 212°F for one minute. - To minimize aerosolization of virus particles, do not vacuum. - Consider removing area rugs, and other porous items (plush toys) that are non-essential from affected classrooms for the duration of an outbreak.
Food/Mouth Contact Items Objects that may come in contact with food or the mouths of people (such as toys or dishes).	- Carefully remove vomit and diarrhea. Then, disinfect with the bleach solution. Rinse thoroughly with clean water afterwards. - Alternatively, dishes, utensils, and cups can be cleaned with a dishwasher (using hot water and dishwasher detergent) immediately after use.
Cloth and Plush Items E.g., clothing, linens, textiles and plush items, including stuffed animals, bedding, curtains, and mattress covers.	- Carefully remove vomit and diarrhea. - Wash items in a pre-wash cycle, followed by a regular wash cycle with detergent. - Dry items at a temperature greater than 170° F. - Do not mix contaminated and uncontaminated items in one load; it is better to discard soiled materials than to risk exposure during cleaning. - If there are no on-site laundry facilities, double wrap soiled items in plastic bags, and take them to an off-site facility to be washed and dried. - If soiled items are sent home, be sure to provide guidance on proper washing and drying procedures to parents or guardians.
Diaper Changing Stations and Potty Chairs	- Wash and sanitize handwashing sinks, faucets, counters, toilet seats, handles, and bowls, soap dispensers, and bathroom doorknobs at least twice a day. - Use the English and Spanish cleaning and disinfection instructions for bathroom

	surfaces that are soiled with vomit or feces (See APPENDIX C – Clean-up and Disinfection for Norovirus). • Utilize disposable covers on any diaper changing surfaces. • Clean and disinfect changing areas after every diaper change. • Do not change diapers on any surfaces that are used for food preparation/service or student activities/play. • Staff should wear gloves while changing diapers and must wash hands immediately following diaper changing or after assisting anyone with toileting.
Objects Not Easily Cleaned Soiled items that are difficult to clean, like puzzle pieces, chalk, crayons and clay	• Discard.

3. REPORT

- ☐ Report gastrointestinal illness outbreaks to Alameda County Public Health.
 - To report, call 510-267-3250
- ☐ Prepare to answer the following questions for Alameda County Public Health:
 - When did this outbreak start?
 - What symptoms do ill individuals have?
 - How many students have been ill in total?
 - How many staff have been ill in total?
 - Are the ill individuals from a specific grade/classroom/activity?
 - If yes: Approximately how many staff and students/children are in that group?
 - If no: Are cases of ill individuals dispersed across the entire school or childcare site?
 - If yes: Approximately how many students/children and staff do you have at your site?
 - Were any events, field trips, or activities held during the week prior to the first illness, *especially* if food was served?
 - Have any ill students or staff been absent for more than a couple of days?
 - Are there any positive test results for any ill student?
 - Are any students or staff known to have visited the emergency room, been hospitalized or died?
 - Any custodial protocols for cleaning areas with vomit and diarrhea?
 - If vomiting or diarrheal incidents have happened in school, when, and

where?

- If there is a kitchen on site:
 - Have any kitchen staff been ill?
 - Is there a record of the breakfast, lunch, and snack menus for the past two weeks?
- ☐ Notify and consult your school administration as well as the [regional licensing office](#) about this outbreak, if licensed by CDSS.
- ☐ Complete a daily line list to document new illnesses and send to Alameda County Public Health daily (excluding weekends and holidays) by fax at 510-273-3744 or by encrypted email to AcuteCD@acgov.org. See [APPENDIX E – VGI Line List Template](#).

Potential next steps after reporting

- If the school identifies a specific diagnosis reported by parents/guardians of attendees or staff, please share information with Alameda County Public Health to help inform recommendations for outbreak control.
- Staff from Alameda County Public Health and/or Alameda County Department of Environmental Health may conduct a site visit and provide additional site-specific recommendations, as needed. If a site visit is warranted, you will be contacted to arrange a date and time. For site visits, we request the presence of the following school representatives: school principal or administrator, head of maintenance/operations/janitorial, school nurse, dietary/food service director, and kitchen supervisor

4. EDUCATE

- ☐ Review outbreak response and prevention measures with staff. Ensure guidance is implemented by assigning specific response and prevention measures to appropriate staff.
- ☐ Post and distribute the Vomiting/Diarrhea exposure notice (*See Viral Gastroenteritis—Vomiting/Diarrhea Exposure Notice* link in [APPENDIX A](#)) and CDC Norovirus Fact Sheet ([APPENDIX F – Norovirus Illness: Key Facts](#)) to staff and families of students in affected classrooms.
- ☐ Instruct students, staff, and volunteers with diarrhea and/or vomiting not to return to school until at least 48 hours AFTER vomiting and diarrhea have stopped.
- ☐ Educate all children, students, staff, and volunteers on appropriate hand hygiene using soap and water. Hand sanitizer gel is not effective against Norovirus, the most common cause of viral gastroenteritis.
 - *Proper handwashing means covering all parts of the hands, including fingernails, with soap; rubbing lathered hands together vigorously for at least 20 seconds (singing the birthday song or the ABCs song may help); thoroughly rinsing hands with water; and drying hands with a clean towel or air dry them.*

- ☐ Schedule handwashing breaks for students and staff to encourage frequent handwashing.
- ☐ Have staff supervise the handwashing of younger students and children.
- ☐ During outbreaks, consider periodically broadcasting public announcements to remind children, students, staff, and volunteers to practice frequent handwashing, especially before lunch and snack times.
- ☐ Ensure that soap and paper towels are well stocked near handwashing sinks and that any trash can with body fluids is quickly covered and then removed by trained staff/maintenance.
 - See [APPENDIX G - CDC Handwashing Promotion Library](#).

5. MONITOR

- ☐ On a daily basis, use existing data sources (such as attendance data, call out logs) to track additional illnesses.
 - Consider including a message on the attendance office Voicemail asking the caller to give specifics on symptom type and onset date when reporting an illness.
 - ACPHD can provide a survey link that can be used to gather information about student illnesses and symptoms. Contact ACPHD at 510-267-3250 if you would like to utilize this survey.
- ☐ Log case information into the line list (See [APPENDIX E – VGI Line List Template](#))
- ☐ Provide Alameda County Public Health with daily case updates (excluding weekends and holidays).
 - If there are any new cases, send Alameda County Public Health the updated line list.
 - If no new cases, email Alameda County Public Health stating “We have no new cases on DD/MM/YY.”
 - Line lists and other information containing protected health information (PHI) may be sent to Public Health via fax at 510-273-3744 or by encrypted email to AcuteCD@acgov.org.
- ☐ Continue active surveillance until Alameda County Public Health notifies administration that the outbreak is over (generally 4-6 days without new cases, but this varies depending on whether a specific disease is identified as the cause of the outbreak).

6. FOOD SAFETY

Staff

- ☐ Exclude ill food service staff (i.e., cafeteria staff or anyone who handles food) from work until at least 48 hours after symptom resolution.

- If a food worker is diagnosed with certain Title 17 diseases (e.g., *Salmonella spp.*, *Shigella spp.*), Alameda County Public Health may restrict this individual from returning to work until stool specimens are negative. In these instances, clearance to return to work can only be issued by Alameda County Public Health according to statute.
- ☐ Immediately notify Alameda County Public Health at (510) 267-3250 if any food services staff become ill with vomiting or diarrhea (either at home or at work).
- ☐ Require food service staff to wear disposable gloves and masks when handling, serving, or preparing food.
- ☐ Ensure that all food service staff have access to a dedicated bathroom facility that is not shared with students or other non-food service staff.
 - Ensure handwashing station is located either within or adjacent to bathrooms.
 - Handwashing stations should have warm water, handwashing cleanser, and sanitary single-use towels, or a heated-air hand drying device.
- ☐ Ensure that all food service staff wash their hands thoroughly before handling food and immediately after using the restroom.
- ☐ Distribute educational materials to food service staff. (See [APPENDIX H - Norovirus: Facts for Food Workers](#))

Food Preparation/Handling

- ☐ Throw away all potentially contaminated food.
- ☐ Use a bleach solution to disinfect all food preparation and services areas as well as dining tables, chairs, self-serve food areas, drink/ice dispensers and vending machines at least twice daily and before and after meals/snack. Allow surface to remain wet for at least 5 minutes, then rinse using clean water.
 - See [APPENDIX D - Help Prevent the Spread of Norovirus](#).
- ☐ Immediately clean and disinfect any food preparation or service area contaminated with vomit or feces.
 - See [APPENDIX C – Clean-up and Disinfection for Norovirus](#).
- ☐ Use safe food-handling techniques, such as washing fruits and vegetables and cooking meat thoroughly.
- ☐ Discontinue any student activities/crafts involving food preparation until Alameda County Public Health notifies administration that the outbreak is over.

Food Service/Consumption/Clean-up

- ☐ Use dedicated food service areas and stop all self-service food and drinks (including ice storage bins). Instead, have kitchen staff or other adults serve food and drinks while wearing disposable gloves.
- ☐ Staff who change diapers should not be involved in food preparation or food service

- ☐ Prohibit the use of shared food utensils and cups.
- ☐ Consider using single-use dining materials and utilize pre-packaged snacks during time of outbreak.
- ☐ Ensure that clean water, soap, and paper towels are available in dining areas and other areas where eating may occur.
- ☐ Run dishes, utensils, and cups through a dishwasher (using hot water and dishwasher detergent) immediately after use

Basic of Respiratory Illness

There is substantial overlap between the common cold and more serious illnesses such as COVID-19 and influenza.

Influenza, COVID-19, and the common cold spread similarly. They are transmitted by small particles that come from your nose and mouth when you sneeze, cough, sing, or talk, which raises the possibility of infecting those nearby.

Generally, people with some respiratory illnesses (such as the common cold and COVID-19) can be infectious for hours to days *before* they show symptoms.

Once symptoms begin, infectiousness can last for multiple days. The specifics on symptom type, onset, duration, and guidelines for return will vary depending on the illness. Refer to the [CDPH symptom guidance](#) for considerations on returning to school with unspecified respiratory illnesses. For specific known diseases, see [APPENDIX A- Common Childhood Diseases](#).

Most common respiratory viruses are treated with rest and hydration

Managing Respiratory Illnesses and Outbreaks:

How do I manage a respiratory outbreak?

- **ISOLATE** and **TRACK** symptomatic individuals per state and local guidance
- **CLEAN**¹ and **DISINFECT**² soiled and high touch areas.
- **REPORT** to Alameda County Public Health at **510-267-3250** per “[Responding to Outbreaks](#)” Section above or as needed
- **EDUCATE** your student, staff, and parent community on respiratory and hand hygiene.
- **MONITOR** absences and illnesses to identify additional cases.

1. ISOLATE

- ☐ Send home AND recommend COVID-19 testing to anyone with fever. For anyone with a cough, sore throat, or other acute respiratory illness symptoms, recommend COVID-19 testing and decide whether to send home based on [CDPH symptom guidance](#) or your facility’s protocol.
- ☐ Notify individuals that they can return to school/childcare once they are fever-free for 24 hours without medication and symptoms are mild or improving. See [CDC’s Respiratory Virus Guidance for actions to take for 5 days after return that help to prevent the spread of illness](#).

¹ [Cleaning](#) removes most germs, dirt, and impurities from surfaces. Clean with water, soap, and scrubbing.

² [Disinfecting](#) kills most germs on surfaces and objects. Disinfecting is done with stronger bleach solutions or chemicals. Clean surfaces before you disinfect them.

2. REPORT

- ☐ Reporting guidelines can be found in “[Responding to Outbreaks](#)” Section above.
- ☐ Outbreaks of *viral* respiratory illness in K-12 settings can be reported to Alameda County Public Health as needed ([see Table 1 above](#)), but this is not required. K-12 schools can track cases using the included template in [APPENDIX I - Respiratory - ILI Line List for Schools](#), if helpful.
- ☐ Childcare facilities can track outbreak information using the included template or similar (See [APPENDIX I - Respiratory - ILI Line List for Schools](#)) and should report to [regional licensing office](#) as required.

Potential next steps after reporting:

- Alameda County Public Health may ask you for a line list to track respiratory illness cases (See [APPENDIX I - Respiratory - ILI Line List for Schools](#)) and may ask about specific symptoms, diagnoses reported, etc.

3. CLEAN and DISINFECT

- ☐ Immediately clean visibly soiled and high touch areas, like doorknobs and desks.
- ☐ Follow your school’s standard procedures for routine cleaning and disinfecting. Typically, this means daily cleaning or disinfecting surfaces and objects that are touched often.



Cafeteria tables, light switches, doorknobs, faucets, desks, fountains, railings, toys, toilets, and electronics.

4. EDUCATE

- ☐ Review outbreak response and prevention measures with staff.

Exposure Notices and Return

- ☐ If the cause of the outbreak is known, visit exposure notice links in [APPENDIX A – Common Childhood Disease](#) to post and distribute the appropriate exposure notice. If an exposure notice is not available for a specific disease, contact Alameda County Public Health to determine whether an exposure notice should be sent
- ☐ Advise exposed individuals and/or their guardians to watch for signs and symptoms of respiratory disease, especially fever, and to notify a designated school staff if these develop. The staff person may be the attendance clerk, health technician/clerk, classroom teacher, school nurse, or school administrator.
- ☐ Individuals can return once they are fever-free for 24 hours without medication and symptoms are mild or improving per [CDC Respiratory Virus Guidance](#)

Respiratory and Hand Hygiene

- ☐ Educate children, students, staff and volunteers to cough and sneeze into their arm or elbow or into a tissue.
- ☐ Educate all students and staff on appropriate hand hygiene. Schedule breaks for students and staff to encourage frequent handwashing or use of an alcohol-based hand sanitizer.
 - *Proper handwashing means covering all parts of the hands, including fingernails, with soap; rubbing lathered hands together vigorously for at least 20 seconds (singing the birthday song or the ABCs song may help); thoroughly rinsing hands with water; and drying hands with a paper towel.*
- ☐ Encourage staff to supervise the handwashing of younger students and children.
- ☐ During outbreaks, consider periodically broadcasting public announcements to remind children, students, staff, and volunteers to practice frequent handwashing, especially before lunch and snack times.
 - See [APPENDIX G- CDC Handwashing Promotion Library](#).

Prevention

Masking

- ☐ Recommend masking to anyone with confirmed COVID-19 or other respiratory illness, per [CDC Respiratory Virus Guidance](#)

Vaccinations

- ☐ Encourage students, staff, and volunteers to stay up-to-date on [influenza, COVID- 19 and other recommended immunizations](#).

Ventilation and Filtration

- ☐ Optimize or upgrade your HVAC mechanical ventilation system.
- ☐ Open doors and windows for natural ventilation.
- ☐ Add portable air cleaning devices to classrooms.
- ☐ Review [CDPH ventilation guidance](#).

5. MONITOR

- ☐ On a daily basis, use existing data sources (e.g., attendance data, call out logs) to track additional illnesses.
 - Consider including a message on the attendance office voicemail asking the caller to give specifics on symptom type and onset date when reporting an illness.
 - ACPHD can provide a survey link that can be used to gather information about student illnesses and symptoms. Contact ACPHD at 510-267-3250 if you would like to utilize this survey.

If requested by Alameda County Public Health:

- Log case information into [SPOT](#).

APPENDICES**APPENDIX A - Common Childhood Diseases**

Reportable diseases and conditions highlighted in green

This guidance is for specific diseases. For children with symptoms of illness but no specific diagnosis, refer to [CDPH Considerations when a Child has Symptoms of Illness in Child Care or School](#). As a general rule, children should stay home from school if they do not feel well enough to participate or if they are sick enough that staff members determine they cannot care for the child without compromising their ability to care for the health and safety of the other

Disease/Condition	Reporting	Notification	Exclusion and Return	
<i>Linked to additional information.</i>	Is this disease reportable to Public Health?	Exposure notice needed?	Exclude from childcare or school while symptomatic?	When can individual return?
Bed Bugs	No	No	No	N/A
Campylobacter	Yes	Yes, if outbreak suspected, contact ACPHD for exposure notice.	Yes	24 hrs. after diarrhea ³ resolves
Chickenpox	No, unless individual is hospitalized, died, or part of an outbreak.	Yes, available on Alameda County Public Health Department (ACPHD) website . Consult with ACPHD if there are concerns for exposure to pregnant or immunocompromised people.	Yes, nonimmune siblings of cases should <i>also</i> be excluded from Day 8 after sibling's rash onset through Day 21 after sibling's rash scabbed over.	For cases: after all blisters have scabs and there are no new blisters. For non-immune siblings of cases: after 21 days have passed since the sibling's rash scabbed over.
Clostridioides difficile (C. diff)	No	No	Yes	24 hrs. after diarrhea ³ resolves

³ Diarrhea is when within a 24-hour period 3 or more episodes of loose stools or an occurrence of loose stools that is above normal for the person.

Disease/Condition	Reporting	Notification	Exclusion and Return	
<i>Linked to additional information.</i>	Is this disease reportable to Public Health?	Exposure notice needed?	Exclude from childcare or school while symptomatic?	When can individual return?
COVID-19	No	Yes, available on ACPHD website .	Yes	Follow CDC's guidelines for Preventing Spread of Respiratory Viruses When You're Sick
Cryptosporidiosis	Yes	If recreational water exposure occurred on site, contact ACPHD to determine if exposure notice is needed.	Yes	If ≤5 years old or a food handler, 48 hrs. after diarrhea resolves. For all others, 24 hrs. after diarrhea resolve. Stay out of public swimming pools until 2 weeks after diarrhea ³ resolves.
E. coli O157:H7/Shiga toxin producing E. coli	Yes	Yes, if outbreak suspected, contact ACPHD for exposure notice.	Yes	If restricted, ⁴ follow ACPHD guidance for clearance. If not restricted, 24 hrs. after diarrhea resolves.
Giardia	Yes	Yes, if outbreak suspected, contact ACPHD for exposure notice.	Yes	If ≤5 years old or a food handler, 48 hrs. after diarrhea resolves. For all others, 24 hrs. after diarrhea resolves.

³ Diarrhea is defined as 3 or more episodes of loose stools or an occurrence of loose stools that is above normal for the person within a 24-hour period.

⁴ Certain staff (food, healthcare, or childcare staff) and some children (5 years of age and under OR over 5 and need toileting assistance) may be restricted from work/school/group care by the Alameda County Public Health Department. This means they can go back only when their stool is tested by the Alameda County Public Health Laboratory confirming no bacteria or toxins are found.

Disease/Condition	Reporting	Notification	Exclusion and Return	
<i>Linked to additional information.</i>	Is this disease reportable to Public Health?	Exposure notice needed?	Exclude from childcare or school while symptomatic?	When can individual return?
Hand, Foot, and Mouth Disease	No	Yes, available on ACPHD website .	Yes, if symptoms of fever, not feeling well enough to participate in class or uncontrolled drooling with mouth sores.	After fever-free for 24 hrs. without the use of fever-reducing medication and uncontrolled drooling with mouth sores has resolved; children should not return with difficulty or pain while eating or drinking.
Head Lice	No	Yes, available on ACPHD website .	Yes, notify parent or caregiver of suspected lice infestation at end of day and encourage proper treatment.	After receiving treatment. Alternatively, schools may choose not to exclude child, regardless of whether they receive treatment, as outlined in CDPH guidance for schools .
Hepatitis A	Yes	Yes, contact ACPHD for exposure notice.	Yes	7 days after onset of jaundice [or onset of other symptoms if no jaundice] AND after diarrhea ³ resolves

³ Diarrhea is when within a 24-hour period 3 or more episodes of loose stools or an occurrence of loose stools that is above normal for the person.

Disease/Condition	Reporting	Notification	Exclusion and Return	
<i>Linked to additional information.</i>	Is this disease reportable to Public Health?	Exposure notice needed?	Exclude from childcare or school while symptomatic?	When can individual return?
HiB (Haemophilus influenzae Type b) - Invasive	Yes (if invasive disease and child is <5 or at any age if diagnosed with meningitis)	Yes, contact ACPHD for exposure notice.	Yes	24 hrs. after starting antibiotics and fever-free for 24 hours without use of fever-reducing medication and symptoms are improving
Impetigo	No	Yes, available on ACPHD website .	Yes, at end of day (keep blisters/lesions covered).	After starting appropriate treatment; keep blisters/lesions covered until dry.
Influenza	No, unless an individual less than 18 years of age has died.	Yes, available on ACPHD website .	Yes	Follow CDC's guidelines for Preventing Spread of Respiratory Viruses When You're Sick .
Measles	Yes	Yes, contact ACPHD for exposure notice.	Yes	Per direction of ACPHD
Meningococcal Meningitis	Yes	Yes, contact ACPHD for exposure notice.	Yes	Per direction of ACPHD
Mononucleosis (Mono)	No	Yes, available on ACPHD website .	Yes, if fever or meets other sign/symptom-based exclusion criteria	After exclusion criteria are resolved
MRSA (Methicillin-resistant Staphylococcus aureus)	No	No	No	Keep open or draining sores or boils covered with a

Disease/Condition	Reporting	Notification	Exclusion and Return	
<i>Linked to additional information.</i>	Is this disease reportable to Public Health?	Exposure notice needed?	Exclude from childcare or school while symptomatic?	When can individual return?
				clean, dry bandage until healed.
Mumps	Yes	Yes, contact ACPHD for exposure notice.	Yes	Per direction of ACPHD
Norovirus	No, unless outbreak suspected	Yes, if outbreak suspected send notice available on ACPHD website .	Yes	If not a food handler and no outbreak, 24 hrs. after vomiting and diarrhea resolve. If a food handler or an outbreak, 48 hrs. after vomiting and diarrhea resolve.
Parvovirus B19 (Fifth Disease)	No	Yes, available on ACPHD website .	Yes, if fever or meets other sign/symptom-based exclusion criteria	After exclusion criteria are resolved
Pertussis (Whooping Cough)	Yes	Yes, contact ACPHD for exposure notice.	Yes	After 5 days of appropriate antibiotic treatment
Pink Eye (Conjunctivitis)	No	Yes, available on ACPHD website .	No	N/A
Pinworm	No	Yes, available on ACPHD website .	No	N/A
Respiratory Syncytial Virus (RSV)	No, unless an individual less than 5 years of age has died.	Yes, available on ACPHD website .	Yes, if fever or meets other sign/symptom-based	Follow CDC's guidelines for Preventing Spread of Respiratory Viruses When You're Sick .

Disease/Condition	Reporting	Notification	Exclusion and Return	
<i>Linked to additional information.</i>	Is this disease reportable to Public Health?	Exposure notice needed?	Exclude from childcare or school while symptomatic?	When can individual return?
			exclusion criteria	
Ringworm	No	Yes, available on ACPHD website .	Yes, at end of day	General: After treatment started. Athletes with ringworm of the body (tinea corporis) cannot participate in contact sports until 72 hours after treatment initiation unless affected area can be covered
Roseola (Sixth disease)	No	Yes, available on ACPHD website .	Yes, if fever or meet other sign/symptom-based exclusion criteria	Follow CDC's guidelines for Preventing Spread of Respiratory Viruses When You're Sick
Rotavirus	No, unless outbreak suspected	Yes, if outbreak suspected send notice available on ACPHD website .	Yes	If not a food handler and no outbreak, 24 hrs. after vomiting and diarrhea resolve. If a food handler or an outbreak, 48 hrs. after vomiting and diarrhea resolve.

Disease/Condition	Reporting	Notification	Exclusion and Return	
<i>Linked to additional information.</i>	Is this disease reportable to Public Health?	Exposure notice needed?	Exclude from childcare or school while symptomatic?	When can individual return?
Rubella	Yes	Yes, contact ACPHD for exposure notice.	Yes	Per direction of ACPHD
Salmonella	Yes	Yes, if outbreak suspected, contact ACPHD for exposure notice.	Yes	If restricted, ⁴ follow ACPHD guidance for clearance. If not restricted, 24 hrs. after diarrhea resolves.
Scabies	No	Yes, available on ACPHD website .	Yes	After receiving appropriate treatment
Shingles	No	Yes, available on ACPHD website .	No, unless the rash cannot be covered	When rash can be covered or, if unable to be covered, when all blisters have crusted over.
Shigella	Yes	Yes, if outbreak suspected, contact ACPHD for exposure notice.	Yes	If restricted, ⁴ follow ACPHD guidance for clearance. If not restricted, 24 hrs. after diarrhea resolves.
Strep Throat/Scarlet Fever	No	Yes, available on ACPHD website .	Yes	24 hrs. after starting antibiotics and fever-free for 24 hours without use of fever-reducing medication and symptoms are improving.

⁴ Certain staff (food, healthcare, or childcare staff) and some children (5 years of age and under OR over 5 and need toileting assistance) may be restricted from work/school/group care by the Public Health Department. This means they can go back only when their stool is tested by the Public Health Department Laboratory confirming no bacteria or toxins are found.

Disease/Condition	Reporting	Notification	Exclusion and Return	
<i>Linked to additional information.</i>	Is this disease reportable to Public Health?	Exposure notice needed?	Exclude from childcare or school while symptomatic?	When can individual return?
Typhoid/Paratyphoid Fever	Yes	Yes, if outbreak suspected, contact ACPHD for exposure notice.	Yes	If restricted, ⁴ follow ACPHD guidance for clearance. If not restricted, 24 hrs. after fever and diarrhea resolve and on appropriate treatment.
Vomiting/diarrhea ³ (cause unknown)	No, unless outbreak suspected	Yes, if there is an outbreak. Available on ACPHD website .	Yes, if meets sign/symptom-based exclusion criteria	If not a food handler and there is not an outbreak, 24 hrs. after vomiting and diarrhea ³ resolve. If a food handler or part of an outbreak, 48 hours after vomiting and diarrhea resolve.

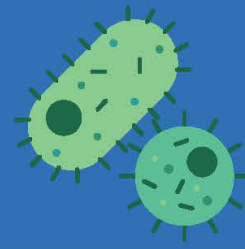
³ Diarrhea is defined as 3 or more episodes of loose stools or an occurrence of loose stools that is above normal for the person within a 24-hour period.

⁴ Certain staff (food, healthcare, or childcare staff) and some children (5 years of age and under OR over 5 and need toileting assistance) may be restricted from work/school/group care by the Public Health Department. This means they can go back only when their stool is tested by the Public Health Department Laboratory confirming no bacteria or toxins are found.

APPENDIX B – Norovirus Information for Schools and Childcare

NOROVIRUS INFO FOR SCHOOLS AND CHILDCARE

What you need to know



Norovirus is highly contagious and causes symptoms of nausea, vomiting, diarrhea, and stomach pain.



Outbreaks are common in schools and childcare settings, especially between November and April



Students and staff ill with vomiting or diarrhea must stay home until they feel better for 48 hours



Wash hands often with soap and water



Clean and disinfect high-touch surfaces and areas like desks, doorknobs, bathrooms, and tablets



Immediately clean and disinfect surfaces contaminated with vomit or feces



Report any increase in illnesses due to vomiting or diarrhea to Alameda County Public Health Department at (510) 267-3250 or AcuteCD@acgov.org

APPENDIX C – Clean-up and Disinfection for Norovirus (English)

Clean-up and Disinfection for Norovirus (“Stomach Bug”)

THESE DIRECTIONS SHOULD BE USED TO RESPOND TO ANY VOMITING OR DIARRHEA ACCIDENT

Note: Anything that has been in contact with vomit and diarrhea should be discarded or disinfected.

1 Clean up

- Remove vomit or diarrhea right away!**
 - Wearing protective clothing, such as disposable gloves, apron and/or mask, wipe up vomit or diarrhea with paper towels
 - Use kitty litter, baking soda or other absorbent material on carpets and upholstery to absorb liquid; do not vacuum material: pick up using paper towels
 - Dispose of paper towel/waste in a plastic trash bag or biohazard bag
- Use soapy water to wash surfaces that contacted vomit or diarrhea and all nearby high-touch surfaces, such as door knobs and toilet handles**
- Rinse thoroughly with plain water**
- Wipe dry with paper towels**

DON'T STOP HERE: GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!

2 Disinfect surfaces by applying a chlorine bleach solution

Steam cleaning may be preferable for carpets and upholstery. Chlorine bleach could permanently stain these.

a. Prepare a chlorine bleach solution

Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners



IF HARD SURFACES ARE AFFECTED...

e.g., non-porous surfaces, vinyl, ceramic tile, sealed counter-tops, sinks, toilets

1/3 CUP BLEACH + 1 GALLON WATER
CONCENTRATION ~1000 ppm



IF POROUS SURFACES ARE AFFECTED...

e.g., wooden floors or unsealed concrete or natural stone surfaces

1 2/3 CUPS BLEACH + 1 GALLON WATER
CONCENTRATION ~5000 ppm



- Air dry surfaces unlikely to have food or mouth contact**
or...
- Rinse all surfaces intended for food or mouth contact with plain water before use**

3 Wash your hands thoroughly with soap and water

Hand sanitizers may not be effective against norovirus

Facts about Norovirus



Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.

Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination

Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.

Any vomit or diarrhea may contain norovirus and should be treated as though it does.

People can transfer norovirus to others for at least three days after being sick.

IF CLOTHING OR OTHER FABRICS ARE AFFECTED...

- Remove and wash all clothing or fabric that may have touched vomit or diarrhea
- Machine wash these items with detergent, hot water and **bleach** if recommended, choosing the longest wash cycle
- Machine dry



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Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster. For more information on norovirus prevention, please see <http://www.cdc.gov/norovirus/preventing-infection.html>.



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APPENDIX C – Clean-up and Disinfection for Norovirus (Spanish)

Limpieza y desinfección para los norovirus (“gripe estomacal”)

ESTAS INDICACIONES DEBEN USARSE PARA REACCIONAR ANTE CUALQUIER ACCIDENTE DE VÓMITO O DIARREA.

Nota: Todo aquello que haya estado en contacto con el vómito o la diarrea debe descartarse o desinfectarse.

1 Limpie

a. Retire de inmediato el vómito o la diarrea.

- Use ropa protectora, como guantes desechables, delantal o máscara, limpie el vómito o la diarrea con toallas de papel.
- Use sepiolita, bicarbonato de sodio u otro material absorbente en las alfombras y los tapizados a fin de absorber el líquido; no aspire el material: recójalo con toallas de papel.
- Deseche las toallas de papel o los residuos en una bolsa de plástico para basura o en una bolsa para material biológico peligroso.

b. Use agua con jabón para lavar las superficies que estuvieron en contacto con el vómito o la diarrea y todas las superficies cercanas de contacto más frecuente, tales como las perillas de las puertas y las manijas de los sanitarios.

c. Enjuague cuidadosamente el piso solo con agua.

d. Seque frotando la superficie con toallas de papel.

NO SE DETENGA AQUÍ: los gérmenes pueden permanecer en las superficies incluso después de haberlas limpiado.

2 Desinfecte las superficies aplicando una solución de blanqueador con cloro

Para el caso de las alfombras y los tapizados, es posible que se prefiera la limpieza al vapor. El blanqueador con cloro podría dejarles manchas permanentes.

a. Prepare una solución de blanqueador con cloro.

Prepare una solución de blanqueador nueva cada día. Manténgala fuera del alcance de los niños. Nunca mezcle la solución de blanqueador con otros limpiadores.

SI SE AFECTARON SUPERFICIES DURAS...
por ejemplo, superficies no porosas, vinilo, mosaicos de cerámica, encimeras selladas, lavabos e inodoros

$\frac{1}{3}$ TAZA DE BLANQUEADOR + 1 GALÓN DE AGUA

Concentración: ~1000 ppm



SI SE AFECTARON SUPERFICIES POROSAS...
Por ejemplo, pisos de madera o de cemento húmedo, o superficies de piedras naturales

$1 \frac{2}{3}$ TAZA DE BLANQUEADOR + 1 GALÓN DE AGUA

Concentración: ~5000 ppm



b. Ventile las superficies secas que probablemente no tengan contacto con la comida o la boca.

O...

c. Enjuague solo con agua todas las superficies destinadas a estar en contacto con la comida y la boca antes del uso.

3 Lávese minuciosamente las manos con agua y jabón

Es posible que los desinfectantes para las manos no sean eficaces para combatir los norovirus.

Datos sobre los norovirus



Los norovirus constituyen la causa principal de los brotes de diarrea y vómitos en Estados Unidos y se propagan con rapidez.

Los norovirus se contagian al estar en contacto con una persona infectada, al tocar una superficie contaminada, al consumir alimentos contaminados o al beber agua contaminada. Las partículas de los norovirus incluso pueden encontrarse suspendidas en el aire y luego establecerse en las superficies, expandiendo la contaminación.

Las partículas de los norovirus son extremadamente pequeñas y miles de millones de ellas se encuentran en las heces o en el vómito de las personas infectadas.

Cualquier vómito o diarrea puede contener norovirus y debe tratarse como si así fuera.

Las personas pueden contagiar los norovirus a otras durante al menos tres días después de haber estado enfermas.

SI SE AFECTARON LA ROPA U OTRAS TELAS...

- Quite y lave toda la ropa o las telas que pueden haber estado en contacto con vómito o diarrea.
- Lave a máquina estos elementos con detergente, agua caliente y **blanqueador**, si fuese recomendado, y elija siempre el ciclo de lavado más largo.
- Seque a máquina.



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Expertos científicos de los Centros para el Control y la Prevención de Enfermedades (Centers for Disease Control and Prevention, CDC) de Estados Unidos ayudaron a crear este póster. Para obtener más información sobre la prevención de los norovirus, consulte <http://www.cdc.gov/norovirus/preventing-infection.html>.



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APPENDIX D – Help Prevent the Spread of Norovirus (English)

Help Prevent the Spread of Norovirus (“Stomach Bug”)

IF NOROVIRUS IS AFFECTING YOUR COMMUNITY, HERE ARE SOME ACTIONS YOU CAN TAKE TO HELP PREVENT FURTHER ILLNESS

1 Clean up surfaces

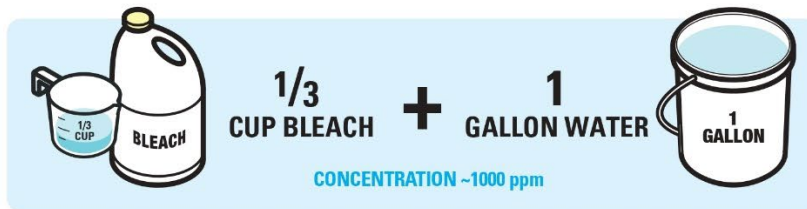
- Clean frequently touched surfaces with soapy water
- Rinse thoroughly with plain water
- Wipe dry with paper towels
- Dispose of paper towels

DON'T STOP HERE: GERMS CAN REMAIN ON SURFACES EVEN AFTER CLEANING!

2 Disinfect surfaces

- Prepare and apply a chlorine bleach solution

Make bleach solutions fresh daily; keep out of reach of children; never mix bleach solution with other cleaners



- Air dry surfaces unlikely to have food or mouth contact or...
- Rinse all surfaces intended for food or mouth contact with plain water before use

3 Wash your hands thoroughly with soap and water

Hand sanitizers may not be effective against norovirus



Facts about Norovirus



Norovirus is the leading cause of outbreaks of diarrhea and vomiting in the US, and it spreads quickly.

Norovirus spreads by contact with an infected person or by touching a contaminated surface or eating contaminated food or drinking contaminated water. Norovirus particles can even float through the air and then settle on surfaces, spreading contamination

Norovirus particles are extremely small and billions of them are in the stool and vomit of infected people.

Any vomit or diarrhea may contain norovirus and should be treated as though it does.

People can transfer norovirus to others for at least three days after being sick.

Scientific experts from the U.S. Centers for Disease Control and Prevention (CDC) helped to develop this poster. For more information on norovirus prevention, please see <http://www.cdc.gov/norovirus/preventing-infection.html>.



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APPENDIX D – Help Prevent the Spread of Norovirus (Spanish)

Ayude a prevenir la propagación de los norovirus (“gripe estomacal”)

SI LOS NOROVIRUS ESTÁN AFECTANDO SU COMUNIDAD, AQUÍ LE PRESENTAMOS ALGUNAS MEDIDAS QUE PUEDE TOMAR PARA AYUDAR A PREVENIR ENFERMEDADES FUTURAS.

1 Limpie las superficies

- Limpie las superficies de contacto más frecuente con agua y jabón.
- Enjuague cuidadosamente el piso solo con agua.
- Seque frotando la superficie con toallas de papel.
- Deseche las toallas de papel.

NO SE DETENGA AQUÍ: los gérmenes pueden permanecer en las superficies incluso después de haberlas limpiado.

2 Desinfecte las superficies

Prepare una solución de blanqueador nueva cada día. Manténgala fuera del alcance de los niños. Nunca mezcle la solución de blanqueador con otros limpiadores.

- Prepare y aplique una solución de blanqueador con cloro.



- Ventile las superficies secas que probablemente no tengan contacto con la comida o la boca.

O...

- Enjuague solo con agua todas las superficies destinadas a estar en contacto con la comida y la boca antes del uso.

3 Lávese minuciosamente las manos con agua y jabón

Es posible que los desinfectantes para las manos no sean eficaces para combatir los norovirus.



Datos sobre los norovirus



Los norovirus constituyen la causa principal de los brotes de diarrea y vómitos en Estados Unidos y se propagan con rapidez.

Los norovirus se contagian al estar en contacto con una persona infectada, al tocar una superficie contaminada, al consumir alimentos contaminados o al beber agua contaminada. Las partículas de los norovirus incluso pueden encontrarse suspendidas en el aire y luego establecerse en las superficies, expandiendo la contaminación.

Las partículas de los norovirus son extremadamente pequeñas y miles de millones de ellas se encuentran en las heces o en el vómito de las personas infectadas.

Cualquier vómito o diarrea puede contener norovirus y debe tratarse como si así fuera.

Las personas pueden contagiar los norovirus a otras durante al menos tres días después de haber estado enfermas.

Expertos científicos de los Centros para el Control y la Prevención de Enfermedades (Centers for Disease Control and Prevention, CDC) de Estados Unidos ayudaron a crear este póster. Para obtener más información sobre la prevención de los norovirus, consulte <http://www.cdc.gov/norovirus/preventing-infection.html>.



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VGI Line List for Schools

Name of School: _____

Today's Date: _____

No New Illnesses Today

Identification					Illness Description										Risk Factors		Laboratory Test			Illness Outcome	
Name	Staff / Teacher / Pupil (S/T/P)	Class	Age	Sex	Onset date of symptoms	Date of last symptoms	Diarrhea x2 w/1 24 hr (Y/N)	Bloody diarrhea (Y/N)	Vomiting (Y/N)	Nausea (Y/N)	Abdominal cramps (Y/N)	Fever > 100.4 (Y/N)	Headache (Y/N)	Other	Pregnant (Y/N)	Immune Compromise (Y/N)	Specimen tested (Y/N)	Specimen type (stool, vomitus)	Positive Norovirus (Y/N)	Hospitalized / Death (H/D)	Comment (antiemetic, abx, etc.)

APPENDIX F – CDC Norovirus Illness – Key Facts (English)

Norovirus Illness: Key Facts

Norovirus—the stomach bug

Norovirus is a highly contagious virus. Norovirus infection causes gastroenteritis (inflammation of the stomach and intestines). This leads to diarrhea, vomiting, and stomach pain.

Norovirus illness is often called by other names, such as food poisoning and stomach flu. Noroviruses can cause food poisoning, as can other germs and chemicals. Norovirus illness is not related to the flu (influenza). Though they share some of the same symptoms, the flu is a respiratory illness caused by influenza virus.



Anyone can get norovirus illness

- Norovirus is the most common cause of acute gastroenteritis in the U.S.
- Each year, norovirus causes 19 to 21 million cases of acute gastroenteritis in the U.S.
- There are many types of norovirus and you can get it more than once.

Norovirus illness can be serious

- Norovirus illness can make you feel extremely sick with diarrhea and vomiting many times a day.
- Some people may get severely dehydrated, especially young children, the elderly, and people with other illnesses.
- Each year, norovirus causes 56,000 to 71,000 hospitalizations and 570 to 800 deaths, mostly in young children and the elderly.

Norovirus spreads very easily and quickly

- It only takes a very small amount of norovirus particles (fewer than 100) to make you sick.
- People with norovirus illness shed billions of virus particles in their stool and vomit and can easily infect others.
- You are contagious from the moment you begin feeling sick and for the first few days after you recover.
- Norovirus can spread quickly in enclosed places like daycare centers, nursing homes, schools, and cruise ships.
- Norovirus can stay on objects and surfaces and still infect people for days or weeks.
- Norovirus can survive some disinfectants, making it hard to get rid of.



Norovirus can spread in many ways

Norovirus can spread to others by—

- having direct contact with an infected person, for example, touching an infected person while caring for them,
- eating food or drinking liquids that are contaminated with norovirus,
- touching objects that have norovirus on them and then putting your fingers in your mouth, for example, touching a countertop that has vomit droplets on it and then putting your fingers in your mouth and
- sharing utensils or cups with people who are infected with norovirus.

There's no vaccine to prevent norovirus infection and no drug to treat it

- Antibiotics will not help with norovirus illness because antibiotics do not work on viruses.
- When you have norovirus illness, drink plenty of liquids to replace fluid loss and prevent dehydration.
- If you or someone you are caring for is dehydrated, call a doctor.

National Center for Immunization and Respiratory Diseases
Division of Viral Diseases



CS234745-A

APPENDIX F – CDC Norovirus Illness – Key Facts (English) Cont.



What is the Right Way to Wash Your Hands?

1. Wet your hands with clean, running water (warm or cold) and apply soap.
 2. Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
 3. Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
 4. Rinse your hands well under running water.
 5. Dry your hands using a clean towel or air dry them.
- See Handwashing: Clean Hands Saves Lives (www.cdc.gov/handwashing/)

5 Tips to Prevent Norovirus From Spreading

1. Practice proper hand hygiene

Always wash your hands carefully with soap and water—

- after using the toilet and changing diapers, and
- before eating, preparing, or handling food.

Alcohol-based hand sanitizers can be used in addition to hand washing. But, they should not be used as a substitute for washing with soap and water.

2. Wash fruits and vegetables and cook seafood thoroughly

Carefully wash fruits and vegetables before preparing and eating them.

Cook oysters and other shellfish thoroughly before eating them.

Be aware that noroviruses are relatively resistant. They can survive temperatures as high as 140°F and quick steaming processes that are often used for cooking shellfish.

Food that might be contaminated with norovirus should be thrown out.

Keep sick infants and children out of areas where food is being handled and prepared.



3. When you are sick, do not prepare food or care for others

You should not prepare food for others or provide healthcare while you are sick and for at least 2 to 3 days after you recover. This also applies to sick workers in schools, daycares, and other places where they may expose people to norovirus.

4. Clean and disinfect contaminated surfaces

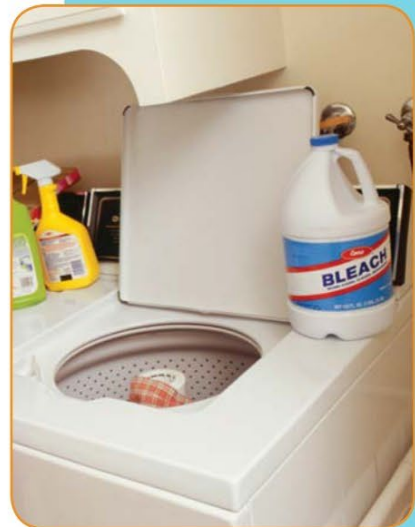
After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces. Use a chlorine bleach solution with a concentration of 1000–5000 ppm (5–25 tablespoons of household bleach [5.25%] per gallon of water) or other disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA).

5. Wash laundry thoroughly

Immediately remove and wash clothes or linens that may be contaminated with vomit or stool (feces).

You should—

- handle soiled items carefully without agitating them,
- wear rubber or disposable gloves while handling soiled items and wash your hands after, and wash the items with detergent at the maximum available cycle length then machine dry them.



Visit CDC’s Norovirus Web site at www.cdc.gov/norovirus for more information.

JAN 2015

Enfermedad por norovirus: Datos importantes

Norovirus: el virus estomacal

Los norovirus son virus muy contagiosos. La infección por norovirus causa gastroenteritis (inflamación estomacal e intestinal). Esto provoca diarrea, vómitos y dolores estomacales.

La enfermedad por norovirus frecuentemente lleva otros nombres, como intoxicación alimentaria y gripe estomacal. Los norovirus, al igual que otros microbios y sustancias químicas, pueden causar intoxicación alimentaria. La enfermedad por norovirus no está relacionada con la influenza (gripe). Aunque puede compartir algunos de los mismos síntomas, la influenza es una enfermedad respiratoria causada por el virus de la influenza.



Cualquier persona puede enfermarse con los norovirus

- En los Estados Unidos, los norovirus son la causa más frecuente de gastroenteritis aguda.
- En los Estados Unidos, cada año los norovirus causan de 19 a 21 millones de casos de gastroenteritis aguda.
- Hay muchos tipos de norovirus y una persona los puede contraer más de una vez.

La enfermedad por norovirus puede ser grave

- La enfermedad por norovirus puede hacer que una persona se sienta muy enferma, con diarrea y vómitos varias veces por día.
- Algunas personas pueden deshidratarse mucho, especialmente los niños pequeños, las personas de edad avanzada y las personas con otras enfermedades.
- Cada año los norovirus causan de 56 000 a 71 000 hospitalizaciones y 570 a 800 muertes, en su mayoría niños pequeños y personas de edad avanzada.

Los norovirus se propagan fácil y rápidamente

- Una cantidad muy pequeña de partículas de norovirus (menos de 100) es suficiente para enfermar a una persona.
- Las personas con enfermedad por norovirus liberan miles de millones de partículas de virus en las heces y el vómito, y pueden infectar fácilmente a otros.
- Las personas son contagiosas desde el momento en que comienzan a sentirse mal y durante los primeros días después de recuperarse.
- Los norovirus pueden propagarse rápidamente en lugares cerrados como las guarderías infantiles, los hogares de ancianos, las escuelas y los cruceros.
- Los norovirus pueden permanecer en objetos y superficies e infectar a las personas durante días o semanas.
- Los norovirus pueden sobrevivir a algunos desinfectantes, por lo que es difícil eliminarlos.

Los norovirus se propagan de muchas maneras

Los norovirus se propagan a otras personas de las siguientes maneras:

- al tener contacto directo con una persona infectada; por ejemplo, tocar a una persona infectada cuando se la está cuidando,
- al consumir alimentos o bebidas contaminadas por norovirus,
- al tocar objetos que tienen norovirus en su superficie y luego llevarse los dedos a la boca; por ejemplo, tocar un mesón que tiene gotas de vómito y luego llevarse los dedos a la boca, y
- al compartir utensilios o vasos con personas infectadas por norovirus.

No existe una vacuna para prevenir la infección por norovirus, ni un medicamento para tratarla

- Los antibióticos no ayudan con una enfermedad por norovirus porque los antibióticos no tienen efecto contra los virus.
- Cuando tenga una enfermedad por norovirus, beba muchos líquidos para compensar la pérdida de fluidos y evitar la deshidratación.
- Si cree que usted o una persona que cuida está gravemente deshidratada, llame al médico.

National Center for Immunization and Respiratory Diseases
Division of Viral Diseases



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Feb 2017

APPENDIX F – CDC Norovirus Illness – Key Facts (Spanish) Cont.



¿Cuál es la forma correcta de lavarse las manos?

1. Mójese las manos con agua corriente (tibia o fría) y enjabónelas.
 2. Frótese las manos hasta formar espuma y restriéguelas bien; asegúrese también de restregar el dorso de las manos, entre los dedos y debajo de las uñas.
 3. Siga frotándose las manos por lo menos 20 segundos. ¿Necesita un reloj? Tararee dos veces la canción de "Feliz cumpleaños" de principio a fin.
 4. Enjuáguese bien las manos con agua corriente.
 5. Séquese las manos con una toalla limpia o al aire.
- Consulte El Lavado de las manos: Las manos limpias salvan vidas (www.cdc.gov/handwashing/)

5 Sugerencias para evitar la propagación de norovirus

1. Practique buena higiene de manos

Lávese siempre las manos cuidadosamente con agua y jabón—

- después de ir al baño o cambiar pañales, y
- antes de comer, preparar o manipular alimentos.

Los desinfectantes de manos a base de alcohol pueden usarse adicionalmente al lavado de manos. Pero no deben sustituir el lavado con agua y jabón.

2. Lave las frutas y las verduras, y cocine bien los pescados y mariscos

Lave las frutas y las verduras cuidadosamente antes de prepararlas y comerlas. Cueza las ostras y los demás mariscos completamente antes de comerlos.

Tenga presente que los norovirus son relativamente resistentes. Pueden sobrevivir a temperaturas de hasta 140°F (60°C) y a la cocción al vapor rápida que frecuentemente se usa para los mariscos.

Los alimentos que podrían estar contaminados con norovirus deben ser desechados.

Los bebés y niños enfermos deben mantenerse alejados de las áreas en donde se manipulan y preparan alimentos.



3. Cuando esté enfermo, no prepare alimentos ni cuide a otras personas

No prepare alimentos para otras personas ni preste cuidados de salud cuando esté enfermo y hasta por lo menos 2 o 3 días después de que se recupere. Esto también se aplica a las personas enfermas que trabajen en escuelas, guarderías infantiles y otros lugares donde puedan exponer a otros al norovirus.

4. Limpie y desinfecte las superficies contaminadas

Después de vomitar o tener diarrea, limpie y desinfecte inmediatamente todas las superficies contaminadas. Use una solución hecha con cloro con una concentración de 1000 a 5000 partes por millón (mezcle de 5 a 25 cucharadas de cloro de uso doméstico en un galón de agua, es decir 5.25 % de cloro). También puede usar otros desinfectantes que están registrados por la Agencia de Protección Ambiental (EPA) como eficaces contra los norovirus.

5. Lave bien la ropa

Quítese la ropa o retire la ropa de cama que se pueda haber contaminado con vómito o heces y lávelas inmediatamente.

Haga lo siguiente:

- manipule los artículos sucios con cuidado sin agitarlos,
- use guantes de caucho o desechables cuando toque artículos sucios y después lávese las manos, y lave la ropa con detergente en el ciclo más largo; séquela luego a máquina.



Consulte el sitio web de los CDC para mayor información en www.cdc.gov/norovirus

Enero de 2017

APPENDIX G - *CDC Handwashing Promotion Library*

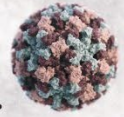
Follow this link for posters, graphics and other resources to promote hand hygiene:

[Health Promotion Materials | Handwashing | CDC](#)

APPENDIX H – Norovirus: Facts for Food Workers (English)

Norovirus: Facts for Food Workers

Norovirus spreads easily and can make you very sick with diarrhea, vomiting, and stomach pain. All food workers should know how to prevent the spread of norovirus.



Foods contaminated with norovirus can make people sick.

Norovirus is the leading cause of foodborne illness outbreaks in the United States. Norovirus causes about half of all outbreaks of food-related illness. Most reported norovirus outbreaks are caused by people who touch or prepare food when they are sick, or sometimes by food that comes from contaminated water. Because the virus is very tiny and spreads easily, it only takes a very small amount of virus to contaminate food and make someone sick.

Food can get contaminated with norovirus when—

- Infected people who have feces (poop) or vomit on their hands touch the food.
- Food is placed on counters or surfaces that have tiny drops of feces (poop) or vomit on them.
- Tiny drops of vomit from an infected person spray through the air and land on the food or surfaces, like countertops.
- Feces (poop) or vomit is in areas where food is grown or harvested.

Food workers with norovirus illness can spread the virus to others.

People who are infected with norovirus can shed billions of norovirus particles in their feces (poop) or vomit. You are most contagious—

- When you feel sick with norovirus, and
- During the first few days after you feel better.

If you work with food when you have norovirus, you can easily contaminate the food and drinks you touch. People who have the contaminated food or drinks you touched can also get norovirus and become sick.

Norovirus causes about half of all outbreaks of food-related illness.

Any food served raw or handled after being cooked can get contaminated with norovirus.



National Center for Immunization and Respiratory Diseases
Division of Viral Diseases



APPENDIX H – Norovirus: Facts for Food Workers (English) Cont.**4 Tips to Prevent Norovirus from Spreading****1. When you are sick, do not prepare, serve, or touch food for others**

Food workers should stay home when sick and for at least 48 hours after symptoms stop. This also applies to sick workers in schools, daycares, healthcare facilities, and other places where they may expose people to norovirus.

Food workers should inform managers if they have any symptoms of norovirus illness or were recently sick. Even when returning to work, it is especially important that food workers continue to take precautions like frequent handwashing.

For more information, see the FDA Food Code: (<http://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/>)

2. Practice proper hand hygiene

Always wash hands carefully with soap and water, especially—

- After using the toilet and
- Before eating, preparing, or handling food.

Alcohol-based hand sanitizers can be used in addition to hand washing. However, they should not be used as a substitute for washing with soap and water. In addition, food workers should avoid touching food, especially ready-to-eat food, with bare hands, and use gloves or tongs instead. Hands should still be washed before and after use of gloves in order to prevent cross-contamination.

3. Wash fruits and vegetables and cook seafood well

Carefully wash fruits and vegetables before preparing and eating them.

Cook oysters and other shellfish thoroughly before eating.

Thorough cooking is important because noroviruses can survive temperatures as high as 145°F. Quick steaming processes that are often used for cooking shellfish won't kill the virus.

Food that might be contaminated with norovirus should be thrown out.

4. Clean and disinfect contaminated surfaces

After throwing up or having diarrhea, immediately clean and disinfect contaminated surfaces like countertops. Use a chlorine bleach solution with a concentration of 1000 to 5000 ppm (5 to 25 tablespoons of household bleach [5.25%] per gallon of water) or other disinfectant registered as effective against norovirus by the Environmental Protection Agency (EPA).

See EPA's list of registered disinfectants effective against norovirus: (<https://www.epa.gov/pesticide-registration/list-g-antimicrobial-products-registered-epa-claims-against-norovirus-feline>)

What is the Right Way to Wash Your Hands?

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
3. Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "ABC" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.
6. Use a paper towel or your elbow to open the bathroom door.

See CDC's handwashing website: (www.cdc.gov/handwashing/)

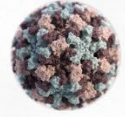


Visit CDC's norovirus website at www.cdc.gov/norovirus for more information.

APPENDIX H – Norovirus: Facts for Food Workers (Spanish)

Norovirus: información para los trabajadores del sector alimentario

Los norovirus se propagan fácilmente y pueden hacer enfermar gravemente a las personas con diarrea, vómitos y dolor de estómago. Todos los trabajadores del sector alimentario deben saber cómo prevenir la propagación de los norovirus.



Los alimentos contaminados con norovirus pueden hacer enfermar a las personas

En los Estados Unidos, los norovirus son una de las principales causas de enfermedad por alimentos contaminados. Los norovirus causan alrededor del 50 % de todos los brotes de enfermedades transmitidas por alimentos. La mayoría de los brotes de norovirus notificados son causados por personas que tocan o preparan alimentos cuando están enfermas, o a veces por alimentos que provienen de agua contaminada. Debido a que este virus es muy pequeño y se propaga fácilmente, solo hace falta una muy pequeña cantidad para contaminar los alimentos y enfermar a alguien.

Los alimentos pueden contaminarse con norovirus cuando:

- Las personas infectadas tienen heces o vómito en las manos y tocan los alimentos.
- Se ponen alimentos sobre mesones o superficies que tienen heces o vómito infecciosos.
- Gotas diminutas de vómito de una persona infectada se esparcen por el aire y caen en los alimentos o superficies, como sobre los mesones.
- Hay heces (caca) o vómito en áreas donde se cultivan o cosechan alimentos.

Las personas que manipulan alimentos que estén enfermas por norovirus pueden propagar los virus a otras personas

Las personas enfermas por norovirus pueden liberar miles de millones de partículas de estos virus en sus heces (caca) o vómito. El momento en que una persona es más contagiosa:

- cuando está enferma por norovirus y
- durante los primeros días después de recuperarse de la enfermedad.

Si una persona trabaja con alimentos cuando está enferma por norovirus, puede contaminar fácilmente los alimentos y las bebidas que toque. Las personas que los consuman pueden contraer norovirus y enfermarse.

Los norovirus causan alrededor del 50 % de todos los brotes de enfermedades transmitidas por los alimentos

Cualquier alimento servido crudo o manipulado después de haberlo cocinado puede contaminarse con norovirus.



APPENDIX H – Norovirus: Facts for Food Workers (Spanish) Cont.

5 Consejos para evitar la propagación de norovirus

1. Cuando esté enfermo, no prepare, sirva, o toque los alimentos de otras personas

Los trabajadores del sector alimentario deben quedarse en casa cuando estén enfermos y por lo menos durante 48 horas después de que desaparezcan los síntomas.

Esto también se aplica a las personas enfermas que trabajen en escuelas, guarderías infantiles, establecimientos de atención médica y otros lugares donde puedan exponer a otros a los norovirus.

Infórmele a su jefe si tiene síntomas de enfermedad por norovirus o si ha estado enfermo recientemente.

Para mayor información vea el Código de Alimentos de la Administración de Alimentos y Medicamentos (FDA) (<http://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/>).

2. Practique buena higiene de las manos

Siempre lávese las manos cuidadosamente con agua y jabón, especialmente:

- después de ir al baño o cambiar pañales, y
- antes de comer y preparar o manipular alimentos.

Los limpiadores de manos a base de alcohol pueden usarse adicionalmente al lavado de manos. Sin embargo, no deben sustituir el lavado con agua y jabón.

Además, los trabajadores del sector alimentario deberían evitar tocar alimentos, especialmente los alimentos listos para comer, con las manos descubiertas, y en su lugar usar guantes o pinzas. Aun así debe lavarse las manos antes y después de usar guantes para prevenir la contaminación cruzada.

3. Lave las frutas y las verduras, y cocine bien los pescados y mariscos

Lave las frutas y las verduras cuidadosamente antes de prepararlas y comerlas. Cocine bien las ostras y los demás mariscos antes de comerlos.

Cocinarlos bien es importante porque los norovirus pueden sobrevivir a temperaturas de hasta 145 °F (62 °C) y a la rápida cocción al vapor que frecuentemente se usa para los mariscos.

Los alimentos que podrían estar contaminados con norovirus deben ser desechados.

4. Limpie y desinfecte las superficies contaminadas

Después de vomitar o tener diarrea, limpie y desinfecte inmediatamente todas las superficies contaminadas. Use una solución de blanqueador con cloro (bleach) con una concentración de 1000 a 5000 partes por millón (mezcle de 5 a 25 cucharadas de cloro de uso doméstico en un galón de agua; esto es aproximadamente 5.25 % de cloro), o también puede usar otros desinfectantes que estén registrados en la Agencia de Protección Ambiental (EPA) como eficaces contra los norovirus.

Consulte la lista de desinfectantes de la EPA registrados como eficaces contra los norovirus: (https://www.epa.gov/sites/production/files/2016-06/documents/list_g_norovirus.pdf).

¿Cuál es la forma correcta de lavarse las manos?

1. Mójese las manos con agua corriente (tibia o fría) y enjabónelas.
2. Frótese las manos hasta formar espuma y restriéguelas bien; asegúrese también de restregar el dorso de las manos, entre los dedos y debajo de las uñas.
3. Siga frotándose las manos por lo menos 20 segundos. ¿Necesita un reloj? Tararee la canción "Cumpleaños feliz" dos veces de principio a fin.
4. Enjuáguese bien las manos con agua corriente.
5. Séquese las manos con una toalla limpia o al aire.

Consulte la página del lavado de las manos de los CDC: (<https://www.cdc.gov/handwashing/esp/index.html>)



Consulte el sitio web de los norovirus de los CDC para mayor información en <https://www.cdc.gov/norovirus/index-sp.html>

Respiratory - ILI Line List for Schools

Name of School: _____

Today's Date: _____

No New Illnesses Today

Identification														Risk Factors		Laboratory Test			Illness Outcome	
Name	Staff / Teacher / Pupil (S/T/P)	Class /Unit/Floor	Age	Sex	Onset Date of Symptoms	Temp	fever $\geq 100.4^{\circ}\text{F}/$ (Y/N)	cough (Y/N)	sore throat (Y/N)	myalgia (Y/N)	runny nose (Y/N)	headache (Y/N)	Other (specify)	Pregnant (Y/N)	Immune Compromise (Y/N)	Positive Influenza Test (Y/N)?	Positive COVID-19 Test (Y/N)?	Positive other test (Y/N)? If yes, specify in comments	Hospitalized / Death (H/D)	Comment (antiviral treatment, etc.)