

# SOUTHERN CLOUD UNIFIED SCHOOL DISTRICT NO. 334

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## *Influenza Alert*

The Kansas Department of Health and Environment has been receiving many phone calls in regards to the isolation regulation for persons with influenza. However, effective May 2018 (under Kansas Administrative Regulation 28-1-6), a person with a case of influenza is required to be isolated for seven days following onset of illness. According to the Centers for Disease Control and Prevention, most healthy adults with influenza are infectious beginning one day before symptoms develop and up to seven days after becoming sick; children and those with immunocompromising conditions may be infectious even longer.

For isolation purposes, a case of influenza is defined as a person who has tested positive for influenza via any testing method and is experiencing symptoms of influenza-like illness (fever of  $\geq 100^{\circ}\text{F}$  and a cough and/or sore throat). Persons with influenza who received this year's influenza vaccine and persons with influenza who receive antiviral treatment are not exempt from isolation requirements; however, local health officers have the authority to alter this requirement based on nationally recognized guidance (e.g., when started promptly, antiviral drugs can lessen symptoms and duration of symptoms by about one day, vaccinated persons that contract influenza may have milder illness than those who were not vaccinated).

For any questions, please contact your local health department or the Epidemiology Hotline at 877-427-7317.

**CLARIFICATION: The 7 day period is listed as starting one day before symptoms, illness and verification, and a minimum of 24 hours “fever free” without medication before contact with others. This timeline equates to about a 7 day period of time.**

*Home of the Warriors!*