

MARION COUNTY HEALTH & HUMAN SERVICES COMMUNICABLE DISEASE

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

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RESPIRATORY OUTBREAK CHECKLIST

When a respiratory outbreak is identified, use this checklist as a guide to prevent further transmission.

NOTIFY

- ☐ Notify Marion County Communicable Disease at 503-588-5621 (24/7) and provide information about:
 - # of ill students and staff
 - hospitalizations and/or deaths
 - symptoms and onset dates
 - total number of students that attend the school or classroom
 - total number of staff that work at the school or classroom
 - type of testing completed

TEST

- ☐ Encourage staff and students to test through their provider if they are experiencing symptoms.

IMPLEMENT INFECTION CONTROL MEASURES (Standard and Droplet Precautions)

- ☐ See [Oregon Health Authority - Communicable Disease Guidance for Schools](#).
- ☐ Use PPE.
- ☐ Isolate ill students. If possible, cohort students with same diagnosis in a single room until they can go home to complete isolation.
- ☐ Exclude ill staff. Follow the symptom-based exclusion guidelines for return to work guidance.
- ☐ Recommend ill persons wear a mask while waiting to go home.
- ☐ Promote respiratory hygiene, hand hygiene, and cough etiquette.
- ☐ Avoid group activities (including communal meals).
- ☐ Post outbreak notification and entry screening signage for visitors. See [Notice of Respiratory Outbreak](#).
- ☐ Encourage unvaccinated and under-vaccinated students and staff to get up-to-date with immunizations.
- ☐ Prophylaxis treatment may be recommended in situations with contacts including infants under the age of one and people who are pregnant and/or immunocompromised.



RESPIRATORY OUTBREAK CHECKLIST

MAINTAIN COMMUNICATION WITH MARION COUNTY

- ☐ Maintain contact throughout the duration of the outbreak. Respond to Marion County's phone calls and emails in a timely manner. Marion County staff will ask for up-to-date counts of total positives broken down by staff and students. They will also need to know most recent onset dates, any hospitalizations, and/or deaths.

**Please note that for influenza, RSV, and COVID-19 outbreaks, respiratory case logs are no longer required but are available if requested. For outbreaks of reportable respiratory illness such as pertussis, measles, etc., case logs will be required.*

CLOSING THE OUTBREAK

- ☐ Outbreaks may close after the completion of two incubation periods (or 7 days after the last case onset for influenza outbreaks). After confirmation from Marion County Public Health, outbreak procedures may cease.

Marion County may need additional details while completing outbreak documentation. Ensure communication is maintained to avoid delays with outbreak closure. Once Marion County completes their documentation, all information is submitted to the Oregon Health Authority for review.



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RESPIRATORY OUTBREAKS



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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 if 20% of a classroom (with at least 3 students/staff) are 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:

To best assist you, please be prepared to answer 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



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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 a mask 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 MINIMIZE SPREAD OF RESPIRATORY ILLNESS



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Due to a recent increase in cases of pertussis and measles, please consider the following reportable illnesses as noted in [OAR 333-019-0000](#) as they are school-excludable.

PERTUSSIS SIGNS AND SYMPTOMS

Pertussis usually begins with milder symptoms for 1-2 weeks that develop into more severe symptoms after the first week or two of illness.

- Low-grade fever or chills
- Mild cough
- Runny nose or congestion
- Spasms of severe cough
- Gasping or vomiting after coughing
- Blue tint to skin

MEASLES SIGNS AND SYMPTOMS

Measles usually begins with milder cold-like symptoms. 2-3 days after the first symptoms, tiny white spots may appear at the back of the mouth, and 3-5 days after the first symptoms, a rash may appear.

- Fever
- Cough
- Runny nose, congestion
- Sneezing
- Red, watery eyes
- Fatigue
- Small white spots (Koplik spots)
- Rash that appears on the face and spreads down the body

TRANSMISSION

Measles and pertussis are highly infectious and could have very serious health consequences for infants under the age of one, people who are pregnant, and people who are immunocompromised.

Pertussis is spread through respiratory droplets from coughing and sneezing. Those who are infected may spread illness for **up to 21 days** after becoming ill if not treated.

Measles is also spread through respiratory droplets. Infected individuals may spread illness **4 days before rash onset and the 4 days after.**

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 DATES OF
BIRTH FOR BOTH STUDENTS 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.

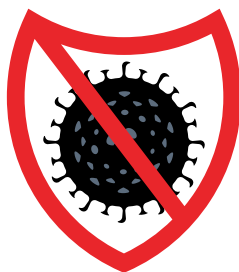




NOTICE!

**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 ENTER UNLESS YOU ARE FEELING WELL,
OR YOU HAVE BEEN FEVER-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



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GASTROINTESTINAL (GI) OUTBREAK CHECKLIST

When a gastrointestinal outbreak is identified, use this checklist as a guide to prevent further transmission.

NOTIFY

- ☐ Notify Marion County Communicable Disease within 24 hours at 503-588-5621 (24/7) and provide information about:
 - # of ill students and staff
 - hospitalizations and/or deaths
 - symptoms and onset dates
 - total number of students that attend the school or classroom
 - total number of staff that work at the school or classroom
 - type of testing completed

TEST

- ☐ Stool specimens are not routinely required by Marion County in a GI outbreak scenario. If possible and willing by students and staff, specimens may be tested through their provider's office.

IMPLEMENT INFECTION CONTROL MEASURES (Standard and Droplet Precautions)

- ☐ See [Norovirus Outbreak Detection and Management](#) and/or [Norovirus Outbreaks](#)
- ☐ Promote good hand hygiene. Post hand-washing signs such as [CDC - Wash your hands well](#)
- ☐ Send ill students and staff home. If possible, cohort individuals with same diagnosis in a single area.
- ☐ Exclude ill staff. Sick staff members should not be allowed to work until they are vomit and diarrhea free for 48 hours.
- ☐ Immediately wash all soiled linen and bedding. Wash items in detergent with hot water at maximum cycle length and machine dry them at the highest heat.
- ☐ Post outbreak notification and entry screening signage for visitors. See [Notice of Gastrointestinal Outbreak](#).
- ☐ Cohort staff assignments if possible. This ensures reduced risk of transmission.
- ☐ Clean. Remove vomit or diarrhea right away! All surfaces must be disinfected using EPA-registered disinfectants appropriate for norovirus. See [EPA's Registered Antimicrobial Products Effective Against Norovirus](#).
- ☐ Use PPE such as gloves, masks, and gowns when working with ill students and when cleaning bodily fluids.
- ☐ Avoid group activities and communal meals to reduce transmission.



GASTROINTESTINAL (GI) OUTBREAK CHECKLIST

MAINTAIN COMMUNICATION WITH MARION COUNTY

- ☐ Maintain contact throughout the duration of the outbreak. Respond to Marion County's phone calls and emails in a timely manner. Marion County staff will ask for up-to-date counts of total positives broken down by staff and students. They will also need to know most recent onset dates, any hospitalizations, and/or deaths.

CLOSING THE OUTBREAK

- ☐ Outbreaks may close after the completion of two incubation periods. After confirmation from Marion County Public Health, outbreak procedures may cease.

Marion County may need additional details while completing outbreak documentation. Ensure communication is maintained to avoid delays with outbreak closure. Once Marion County completes their documentation, all information is submitted to the Oregon Health Authority for review.



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GASTROINTESTINAL (GI) OUTBREAKS



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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:

To best assist you, please be prepared to answer the following questions when calling to report gastrointestinal 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



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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 vomit and diarrhea 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. Items may include:
 - Toys
 - Bathrooms
 - Cribs
 - Changing tables
 - Doorknobs
 - Bottle warmers
 - Counters/lunch tables
 - Cabinets
 - Desks
 - Sinks
 - Shared school supplies
 - High chairs
- 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?

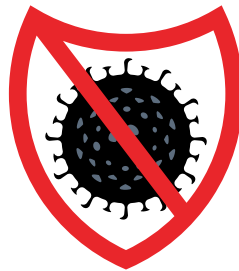
**Call Marion County Health & Human Services Communicable Disease Team at
503-588-5621.**



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 ENTER UNLESS YOU ARE FEELING WELL,
OR YOU HAVE BEEN VOMIT AND DIARRHEA FREE FOR AT
LEAST 48 HOURS.**



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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 DATES OF
BIRTH FOR BOTH STUDENTS AND STAFF**

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

**LIST DURATION OF SYMPTOMS IN HOURS, OR
THE EXACT DATE AND TIME THEY 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 - OHA](#)

[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.



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](#)



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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/COMMUNICABLEDISEASE/REPORTINGCOMMUNICABLEDISEASE/REPORTINGGUIDELINES/Documents/norovirus.pdf>
7. Novel coronavirus disease 2019 (covid-19). Oregon Health Authority. (2020).
<https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/COMMUNICABLEDISEASE/REPORTINGCOMMUNICABLEDISEASE/REPORTINGGUIDELINES/Documents/Novel-Coronavirus-2019.pdf>



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