**TREATMENT GuidelineS for HEALTH STAFF**

# INFLUENZA

Influenza outbreaks commonly occur in the winter months, from December through March. Authorized health and wellness staff may treat influenza as follows:

1. Bed rest is indicated. In case of a center-wide outbreak, centers may wish to confine symptomatic students to their dormitory rooms and to provide supportive care on site in the dorms.
2. Symptomatic students wishing to return home should not travel via public transportation. Family members or center staff should provide transportation if practical, otherwise symptomatic students should remain on center.
3. Encourage oral hydration. Adequate fluids are necessary to prevent dehydration and adequate nutrition fosters recovery.
4. For fever and muscle pain, offer the student acetaminophen 650-1000 mg po every 4 hours [MDD 4 g] or ibuprofen 400-600 mg po every 6 hours [MDD 2400 mg] as needed. Aspirin should not be given to students under age 18, as its use with influenza is associated with Reye Syndrome.
5. For sore throat, offer the student analgesic throat lozenges or throat spray for relief of symptoms, in addition to the medications listed in #4 above.
6. For nasal congestion, offer saline nasal spray OR nasal decongestant spray OR pseudoephedrine (Sudafed) 30 mg – 60 mg every 8 hours. Note that nasal decongestant spray should not be used for more than 3 days.
7. For earache, offer the student medications listed in #4 above, and refer to the clinician for further evaluation.
8. Indications for testing and antiviral medications vary annually; refer to the Annual Job Corps Influenza Information Notice for guidelines, which may be found at: <https://supportservices.jobcorps.gov/health/Pages/InfoNotices.aspx>. Antiviral treatment should be started within 2 days of illness to be most effective.
9. Preventive measures should be stressed with well students and staff, including annual vaccination, avoiding close contact with symptomatic patients, frequent hand washing, plus adequate sleep and nutrition.

**WHEN TO REFER TO THE CENTER PHYSICIAN**

* If the student has a persistent fever > 101°F for more than 48 hours
* If pneumonia is suspected
* If sinusitis is suspected
* If the student has a persistent earache