



# Central Michigan District Health Department

*Promoting Healthy Families, Healthy Communities*

Robert W. Graham, D.O., MPH  
Medical Director

Mary L. Kushion, MSA  
Health Officer

**Main Office**  
2012 E. Preston Ave.  
Mt. Pleasant, MI 48858  
Administration 989-773-5921  
FAX 989-773-4319

**Branch Offices:**

**Arenac County**  
3727 Deep River Rd.  
Standish, MI 48658  
989-846-6541  
FAX 989-846-0431

**Clare County**  
225 W. Main  
P.O. Box 237  
Harrison, MI 48625  
989-539-6731  
FAX 989-539-4449

**Gladwin County**  
103 N. Bowery  
Gladwin, MI 48624  
989-426-9431  
FAX 989-426-6952

**Isabella County**  
2012 E. Preston Ave.  
Mt. Pleasant, MI 48858  
989-773-5921  
FAX 989-773-4319

**Osceola County**  
4329 220th Avenue  
Reed City, MI 49677  
231-832-5532  
FAX 231-832-1020

**Marion Human Services**  
502 E. Main Street  
P.O. Box 39  
Marion, MI 49665  
231-743-9877  
FAX 231-743-2140

**Roscommon County**  
1015 Short Drive  
P.O. Box 739  
Prudenville, MI 48651  
989-366-9166  
FAX 989-366-8921

**To: Superintendents and Private/Charter School Administrators**

**From: Dr. Robert Graham, Medical Director**

**RE: Influenza Like Illness in Schools**

**Date: October 19, 2009**

The Central Michigan District Health Department has received numerous reports from schools of high absenteeism amongst students due to influenza-like-illnesses. School officials are reporting children with fevers, cough, sore throats and headaches. Some vomiting and diarrheal illnesses are also being reported.

Students with influenza-like-illness and/or vomiting and diarrhea should stay home from school. Any child with any combination of a fever, sore throat, headache, and non-productive cough may be symptoms of influenza. Children should stay home until 24 hours after a fever has ended without the use of a fever reducing medication. Influenza commonly lasts three to five days. A typical student with influenza would probably be at home four to six days.

Parents of children with serious medical conditions such as asthma or diabetes and symptoms of influenza like illness should contact their family doctor or pediatrician as soon as possible.

In some instances schools have dismissed classes when the number of kids that are ill is over thirty percent. Some school districts make their decision to dismiss classes on a building by building basis.

The minimum time a school district dismisses class should be four days. However, the length of time to dismiss school could be different based on the duration of the outbreak and the number of students with influenza-like-illness. Educational, support, and custodial staff would not have to stay home and could report to work.

If a building is closed but other buildings within the district remain open the siblings of students from the closed building should be allowed to attend classes as long as they show no sign of illness. There should be an increased screening of siblings attending class. Any student exhibiting symptoms of influenza-like-illness should be sent home. Well students attending a school or building that has been dismissed may attend activities such as soccer practice as long as the student is not ill.

For more information for guidance on school related issues go to our website at:  
[www.cmdhd.org](http://www.cmdhd.org).