

Outbreak Quick Start Guide

Managing Outbreaks in Licensed Child Care Centres



Enteric Case Definition	Respiratory Case Definition			
<p>Any child or staff experiencing:</p> <ul style="list-style-type: none"> two or more episodes of diarrhea or vomiting within 24 hours; or one episode of diarrhea and one episode of vomiting within a 24-hour period; or one symptom of enteric illness with laboratory confirmation of a known enteric illness <p style="text-align: center;">diarrhea = loose, watery stool that is abnormal for individual</p>	<p>Any child or staff experiencing two or more of the following respiratory symptoms:</p> <table border="0"> <tr> <td> <ul style="list-style-type: none"> fever or chills cough runny or stuffed nose sneezing </td> <td> <ul style="list-style-type: none"> sore throat or hoarseness tiredness muscle aches loss of appetite </td> <td> <ul style="list-style-type: none"> headache irritability </td> </tr> </table>	<ul style="list-style-type: none"> fever or chills cough runny or stuffed nose sneezing 	<ul style="list-style-type: none"> sore throat or hoarseness tiredness muscle aches loss of appetite 	<ul style="list-style-type: none"> headache irritability
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When To Report an Outbreak

- Monitor absenteeism rates due to illness and document what symptoms children and/or staff are experiencing
- If you have determined your baseline illness rate* at the centre, are current illnesses exceeding this rate? If so, report to the health unit
- If you have not determined your baseline illness rate, report to the health unit to discuss next steps if you meet the criteria below for a suspect or confirmed outbreak
- When contacting the health unit, ensure a line list is prepared for both children and staff

Suspect Outbreak: Two or more children and/or staff in the same classroom are experiencing similar symptoms within **48 hours**

Confirmed Outbreak: Three or more children and/or staff in the same classroom are experiencing similar symptoms within **48 hours**

Initiating Outbreak Control Measures

- Exclude all ill children and staff from the centre until:
 - Enteric: 48 hours symptom free (without the use of medication) and well enough to participate in programming
 - Respiratory: 24 hours symptoms improving, absent of a fever (without the use of medication) and well enough to participate in programming
 - Note:** If excluded children or staff are returning to the centre, it is important that the centre completes screening to ensure criteria for return has been met
- Increase hand hygiene – ensure children are assisted in washing their hands appropriately, increase the frequency of hand hygiene and review use and availability of alcohol-based hand rub
- Enhance cleaning and disinfecting of all high touch surfaces (e.g. door handles, shelving, light switches, faucet handles, etc.)
 - Ensure the outbreak level disinfectant is used appropriately according to the manufacturer’s instructions and for the required contact time
- Reduce the number of educational materials and toys available for learning and play so increased cleaning and disinfecting is easier to manage
- Eliminate hard to clean items (e.g. natural play items, soft furniture, dress-up clothing, etc.)
- Suspend all sensory, natural and communal play activities – modify activities to reduce close contact and sharing of items between children (e.g. drawing utensils, paint brushes, etc.)
- Classrooms (including staff) should cohort (group together and not mix with other classrooms) and be kept separate to prevent transmission between classrooms
- Cancel social activities, field trips and community functions unless reviewed directly with the health unit
- Notify families of the outbreak and post signage at all entrances indicating the centre is in outbreak
- Submit an updated line list to the Public Health Inspector daily
- Communicate any emergent/dramatic developments (e.g. significant increase of illness) in the outbreak in a timely manner which can include afterhours

Contact the **Infectious Diseases Program** to report or discuss outbreaks during regular business hours: **705-721-7520** or **1-877-721-7520** extension **8809** or for afterhours contact: **1-888-225-7851**

Access outbreak resources including line list templates and outbreak checklists at <http://www.smdhu.org/childcare>

* Determining baseline illness rates should be done through daily health checks, communication books and maintaining illness surveillance logs. At any given time at the centre, how many children/staff are ill? For example, if you determine that for a classroom, two children being sick at any given time is a normal rate of illness, anything exceeding this requires reporting. Sept 2024