Influenza Outbreaks Occurring at Post-Secondary Institutions
November 19, 2021

Key Messages

• Large influenza outbreaks are occurring at post-secondary institutions in the United States.

• Transmission is likely to increase over the next months.

• Colleges and universities should continue to promote prompt influenza vaccination of students and staff to prevent influenza outbreaks before and after winter break.

• Influenza vaccine and COVID-19 vaccine can be coadministered.

• Colleges and university health centers should test for influenza and SARS-CoV-2 in patients with respiratory illnesses. Influenza and SARS-CoV-2 multi-plex testing should be pursued when feasible.

• Persons who test positive for influenza should stay home until 24 hours after resolution of fever. Persons who test positive for SARS-CoV-2 should isolate for 10 days after symptom onset (or date of positive test if no symptoms are present).

• Besides getting immunized, other everyday actions can stop the spread of respiratory viruses:
  o Continue to wear a mask when recommended or required in high-risk settings.
  o Stay away from people who are sick.
  o Stay home when sick for at least 24 hours after symptoms go away.
  o Cough or sneeze into your elbow, arm, or disposable tissue. If disposable tissue is used, use hand sanitizer, or wash hands afterwards.
  o Wash hands frequently and thoroughly with soap and warm water or use an alcohol-based hand sanitizer.
  o Avoid touching your eyes, nose, and mouth.
  o See our Tips for Protecting Yourself and Others This Holiday Season for additional recommendations.
For more information on influenza

- Increasing Flu Activity in Some States, Especially Among Young Adults | CDC
- Campuses Battle Severe Flu Outbreaks – (Inside Higher Ed)
- Influenza (ca.gov)
- Influenza (Flu) | CDC
- Who Needs a Flu Vaccine and When | CDC
- People at Higher Risk of Flu Complications | CDC
- What You Should Know About Flu Antiviral Drugs | CDC