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**Influenza Outbreaks Occurring at Post-Secondary Institutions  
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**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:
  - Continue to wear a mask [when recommended or required in high-risk settings.](#)
  - Stay away from people who are sick.
  - Stay home when sick for at least 24 hours after symptoms go away.
  - Cough or sneeze into your elbow, arm, or disposable tissue. If disposable tissue is used, use hand sanitizer, or wash hands afterwards.
  - Wash hands frequently and thoroughly with soap and warm water or use an alcohol-based hand sanitizer.
  - Avoid touching your eyes, nose, and mouth.
  - 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](#)