

Respiratory Conditions



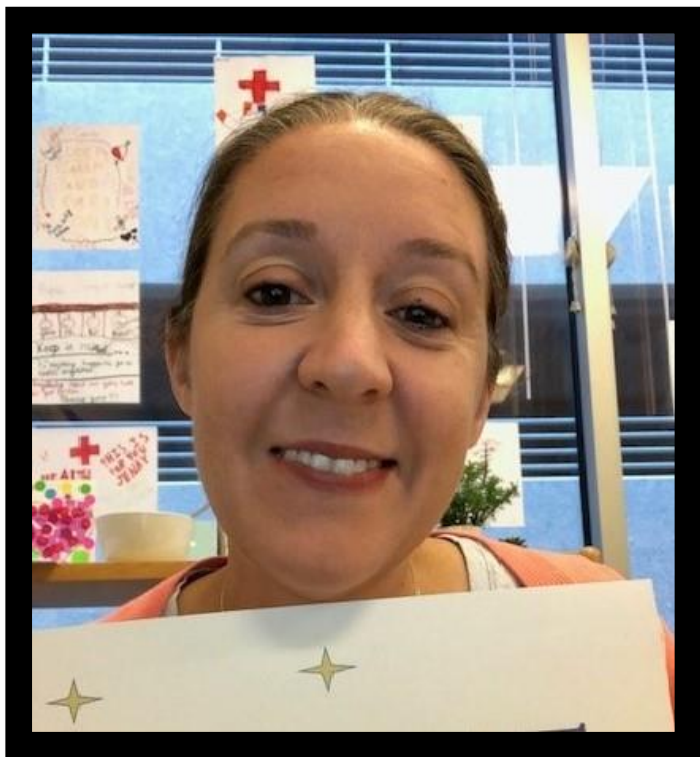
Chicago Department of Public Health
Youth Settings Team
November 2024



What is a concern(s) you have heading into respiratory season?

Enter responses here: <https://pollev.com/jennifercooper917>





Jennifer Cooper (she/her)

Public Health Nurse



- Originally from Wisconsin, Jenny graduated from Marquette University with a bachelor's degree in history. Jenny has lived in Chicago for 20 years and earned her Master's degree in Nursing from DePaul University. She is currently studying for her Master's in Public Health.
- Before joining CDPH, Jenny spent 10 years working as a school nurse, where she worked with children from 15 months old through high school. During her time working in schools, she cared for sick and injured children and staff, created health plans, provided staff education, and responded to disease outbreaks, including Covid-19.
- Any questions related to this presentation?
 - Reach out to schoolscd@cityofchicago.org!





Tiffany Campos

Public Health Nurse



- Tiffany has been in nursing since she was 16, obtaining her LPN license. She continued her education at Chamberlain University. Graduating with a Bachelor's in Nursing (2017) and a Master's Degree (2023) in Nursing. Tiffany has over 10 years of experience as a Registered Nurse.
- Tiffany is working on her Doctorate Degree in Nursing (DNP) and becoming a Doctor. Her background work field includes oncology, pediatrics, family care, and public health.
- Tiffany collaborates with many pediatric foundations, including cancer organizations such as Make a Wish and Give Kids the World, and donates to children and families who are going through cancer.
- Any questions related to this presentation?
- Reach out to schoolscd@cityofchicago.org



MISSION AND VISION

- Our purpose is to work with communities and partners to create an equitable, safe, resilient, and Healthy Chicago.
- The impact we seek is that everyone in Chicago thrives and achieves their optimal health and wellness.



CDPH



Goals of the Youth Settings Team

- To keep Chicago children and staff in schools and daycares
- To keep Chicago students and staff healthy and free of communicable diseases
- To minimize the burden on school and childcare staff





Agenda

- Current trends in respiratory activity
- Review of respiratory infections:
 - Flu
 - COVID-19
 - RSV
 - CDC Respiratory Guidance
 - Fifth Disease
 - Pertussis (Whooping Cough)
 - Mycoplasma pneumoniae
- Q&A



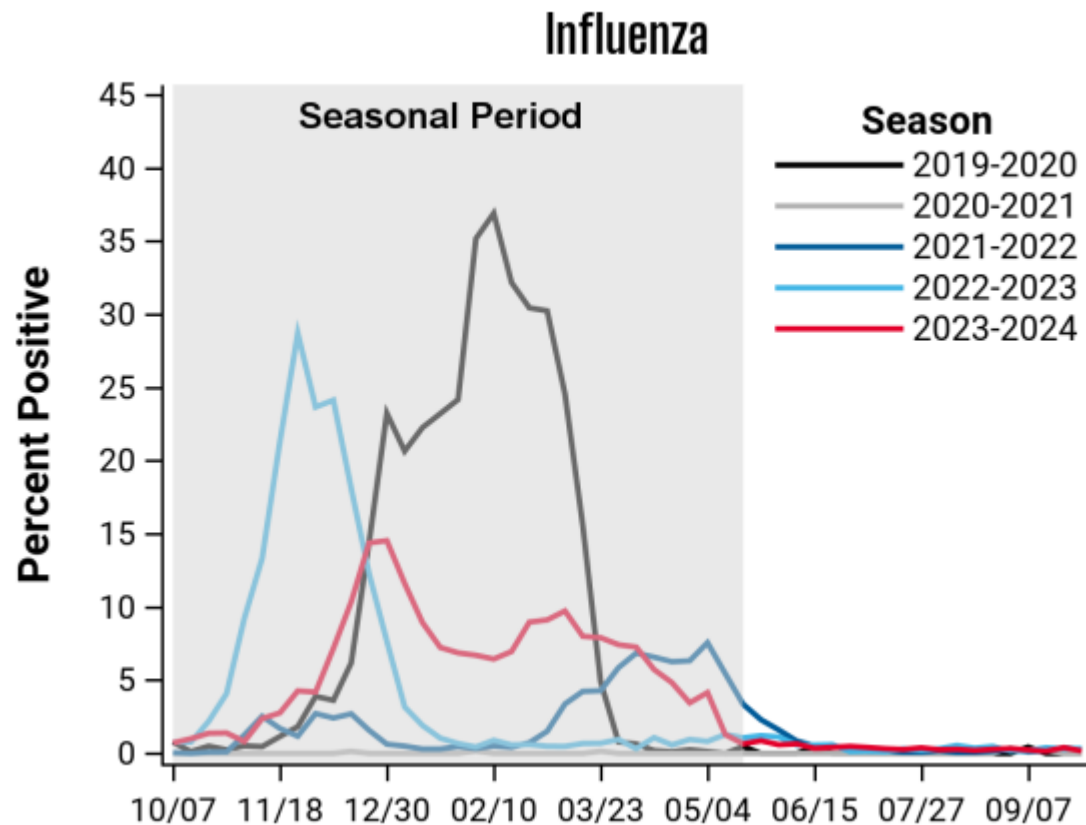


Objectives

- Identify how to prevent the spread of respiratory illnesses in schools and early childcare centers.
- Recognize the symptoms of common respiratory conditions.
- Locate where to find available resources about respiratory diseases.



Respiratory Illnesses



- **Respiratory illnesses often increase during the Fall/Winter months.**
- **Young children and those with other underlying health conditions are most at risk for severe complications from respiratory infections.**

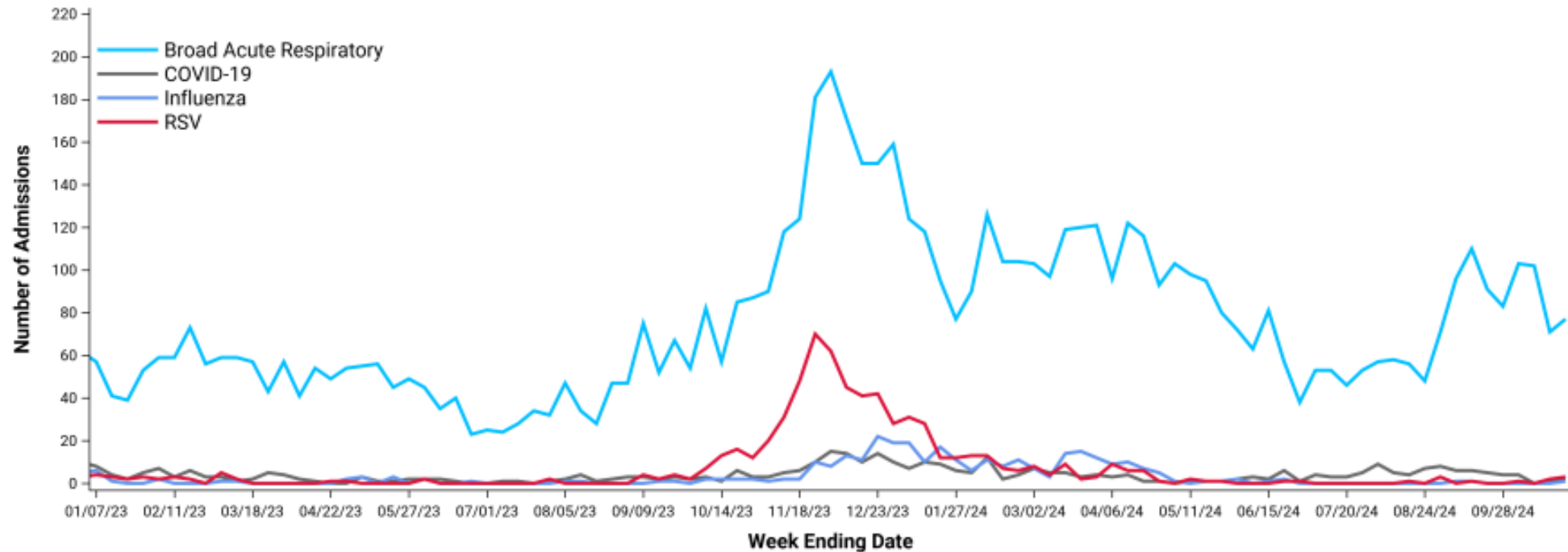
Influenza Like Illness

2024-25 Influenza Season Week 43 ending Oct 26, 2024





★ Weekly Chicago Pediatric Admissions

Weekly Pediatric Admissions Emergency department visit data includes information on whether the visit resulted in a hospital admission at any time during the course of the clinical encounter. The syndromes or disease associated with the hospitalization are based on chief complaint and discharge diagnosis codes and no not necessarily represent lab-confirmed cases. The chart below represents hospital admissions among children <18 years-old at Chicago hospitals due to acute respiratory illnesses.



Respiratory Conditions

State of Illinois Illinois Department of Public Health				COVID-19 Know the Difference			
				Is it a COLD or FLU or COVID-19?			
Signs and Symptoms	COLD	FLU	COVID-19				
Symptom onset	Gradual	2 days	2-14 days				
Body Aches	Slight	Common	Common				
Cough	Common	Common	Common				
Diarrhea	Rare	Sometimes	Sometimes				
Fatigue/Weakness	Sometimes	Common	Common				
Fever/Chills/Shaking	Rare	Common	Common				
Loss of Taste or Smell	Never	Never	Sometimes				
Shortness of breath or Difficulty Breathing	Rare	Common	Common				
Stuffy nose	Common	Common	Rare				
Sneezing	Common	Sometimes	Rare				
Sore throat	Common	Common	Common				
Headache	Rare	Common	Common				



Flu & COVID-19



Flu

Symptoms

- Fever, chills, muscle/body aches
- Fatigue
- Headache
- Cough
- Runny nose/congestion, sore throat

Diagnosis

- Testing via at-home test or by healthcare provider

Return to School

- Must be fever-free 24 hours **AND**
- Symptoms improving for at least 24 hours

COVID-19


Symptoms

- Fever, chills, muscle/body aches
- Fatigue
- Headache
- Cough, shortness of breath
- New loss of taste/smell
- Nausea, vomiting, diarrhea

Diagnosis

- Testing via at-home test or by healthcare provider

Return to School

- Must be fever-free 24 hours **AND**
 - Symptoms improving for at least 24 hours
- 



What is RSV?



Respiratory syncytial virus (RSV) is a common virus that infects the nose, throat, and lungs

Signs and Symptoms

- Runny nose
- Eating or drinking less
- Cough, which may progress to wheezing or difficulty breathing

Severe Signs and Symptoms

- Symptoms but can be serious in very young and immunocompromised
- Bronchiolitis (inflammation of the small airways in the lung)
- Pneumonia (infection of the lungs)
- Two to three out of every 100 infants under 6 months are hospitalized with RSV every year





Complications of Respiratory Conditions/Illnesses

- **Pneumonia:** Can develop from flu illness if treatment is delayed. The flu constricts and inflames the airways in your body, causing an inability to clear mucus and secretions.
- **Bronchitis:** It is usually caused by the same viruses that cause colds and the flu. But it can also be a symptom of COVID-19. Coronaviruses and other viruses that affect your respiratory system can cause bronchitis. It can last for around 1 to 2 weeks.
- **Ear infection:** This kind of ear infection can happen after any condition that keeps fluid from draining. These conditions include allergies, a cold, a sore throat, or a respiratory infection.





Recognize Signs that Your Child is Having Trouble Breathing

- Breathing Fast
- Wheezing (whistling sound)
- Grunting (noise when breathing out)
- Retractions (Chest pulling in under/between the ribs)
- Nasal Flaring (spreading out of nostrils with each breath)
- Discoloration of mouth, lips, or fingernails (gray/blue color)



[Signs of RSV in Babies | American Academy of Pediatrics - YouTube](#)

★ COVID-19 & Respiratory Infection Guidance

- March 2024 Updates:
 - Isolation after testing positive for COVID-19 is no longer in the guidance
 - As in previous CDC guidance, quarantine for close contacts is still not recommended
 - CDC has moved to general respiratory guidance (for all respiratory infections, including COVID-19, flu, and RSV)
- **COVID-19 is no longer reportable**
 - Only reportable if a school is unable to safely operate and provide essential services





If you are sick.....

CONSULT YOUR HEALTHCARE PROVIDER

The symptoms of RSV, Flu and COVID can be difficult to distinguish, this is why it is important to talk to your doctor about your symptoms.

GET TESTED

To receive appropriate treatment, it is important to get tested and receive treatment .

★ Treatment for Flu & COVID -19

Flu

The medication given to the patient is usually **Tamiflu** medication recommended by the primary care physician.

- Best if taken within 2 days of symptom onset
- Lessen fever and other symptoms by a day
- Can prevent complications

COVID-19

The medication given to the patient is usually **Paxlovid**, recommended by the primary care physician.

- Must be started within 5-7 days of symptom onset
- Can prevent severe disease
- May be recommended for those at risk of severe disease by healthcare providers.



Home care treatment for respiratory viruses

Treatment advice for parents

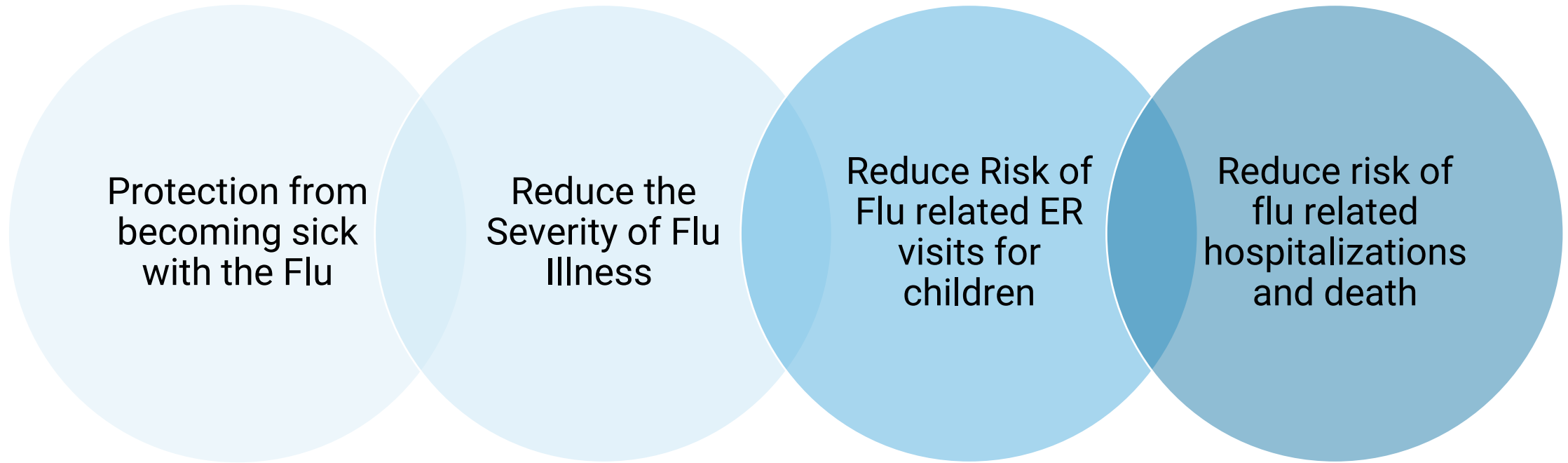
- Use over-the-counter (OTC) medications (like acetaminophen or ibuprofen) to lower a fever.
- Use a cool-mist humidifier to help with breathing.
- Use nasal saline spray and suctioning for infants to relieve cough and congestion.
- Drink plenty of fluids to avoid dehydration.

★ CDC Respiratory Virus Guidance

- Stay up to date with immunizations
- Practice good hygiene
- Take steps for cleaner air
- When ill with a respiratory virus:
 - Stay home and away from others
 - Return to normal activities when, for at least 24 hours:
 - Symptoms are better overall **AND**
 - No fever (without the use of a fever reducer)
 - When returning to normal activities take precautions for the next 5 days:
 - Take steps for cleaner air, hygiene, masking, distancing, and testing
 - Test to inform actions (i.e. test for COVID-19, strep throat, flu, etc...as appropriate)



★ Influenza (Flu) Vaccine Benefits



****Getting vaccinated can also protect those around you, including people most at risk for serious complications from the flu. This includes babies, children, older adults, and those with certain chronic health conditions****

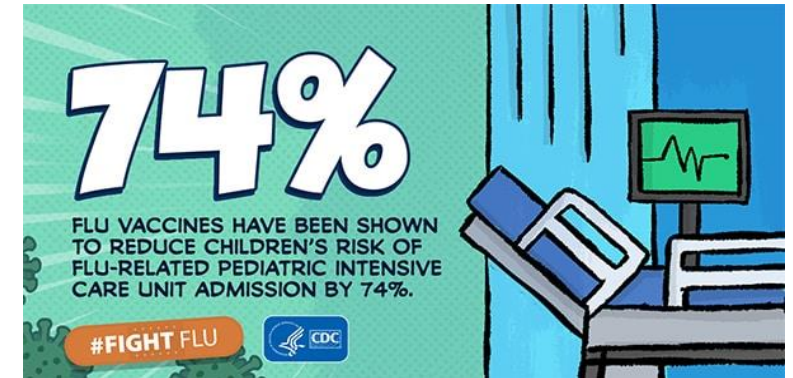
★ Vaccinations – Flu and COVID-19

Flu

- CDC recommends everyone age 6 months of age and older (with rare exceptions) receive an updated 2024-25 flu vaccine
- September and October are the best months
- Trivalent (protecting against H1N1, H3N2, and B)

COVID-19

- CDC recommends everyone age 6 months of age and older receive an updated 2024-25 COVID-19 vaccine



****Getting vaccinated can also protect those around you, including people most at risk for serious complications from the flu. This includes babies, children, older adults, and those with certain chronic health conditions****

★ Vaccinations – RSV



Older Adults

- Recommended for all adults 75 and older and adults 60-74 who are at increased risk

Pregnant women

- Vaccination at 32-36 weeks of pregnancy recommended
- Reduces risk of severe disease from RSV from birth through 6 months of age
 - Reduced hospitalization rates by 68% in infants from birth through 3 months of age
 - Reduced hospitalization rates by 57% in infants from birth through 6 months of age

Infants 8 months and younger

- NO vaccine for infants, but can receive monoclonal antibodies to prevent severe disease
- Recommended for infants 8 months and younger entering 1st RSV season
- Sometimes recommended for children 8 months through 19 months if at increased risk

★ Where Families Can Access the Vaccines

- Their healthcare provider
 - FQHCs:
Findahealthcenter.hrsa.gov
- Pharmacies (depending on age)
- CDPH Immunization Clinics
- VFC (Vaccines For Children Clinic)

Greater Lawn Immunization Clinic

4150 W. 55th Street

Monday - Friday
8:00 am - 3:00 pm

312.745.1477

Appointments:

- ★ Walk-ins welcome, but registration is highly encouraged
- ★ Create an account and register for an appointment at getvaxchi@chicago.gov or by calling 312.745.1477
- ★ For assistance, email getvaxchi@chicago.gov.

Register

Uptown Clinic

845 W. Wilson Ave., 2nd level

Monday, Wednesday, and Friday
8:00 am - 3:00 pm

Tuesday and Thursday
9:00 am - 4:00 pm

312.742.3227

Appointments:

- ★ Walk-ins welcome, but registration is highly encouraged
- ★ Create an account and register for an appointment at getvaxchi@chicago.gov or by calling 312.742.3227
- ★ For assistance, email getvaxchi@chicago.gov.

Register

Lower West Clinic

1713 S. Ashland Ave.

Thursday and Friday
8:00 am - 3:00 pm

312.743.1198

Appointments:

- ★ Walk-ins welcome, but registration is highly encouraged
- ★ Create an account and register for an appointment at getvaxchi@chicago.gov or by calling 312.743.1198
- ★ For assistance, email getvaxchi@chicago.gov.

Register



Vaccination Resources

Vaccines

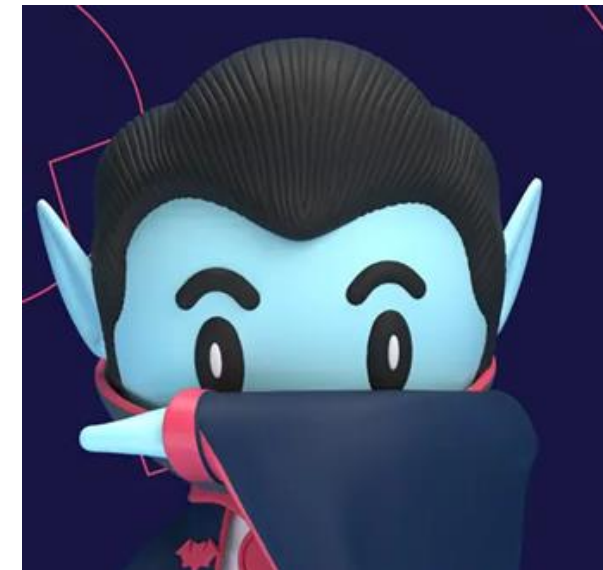
- [Vax Verify](#)
- [Vaccines For Children \(VFC\)](#)
- [VFC Illinois Provider Search](#)
- [CDPH Immunization Clinics](#)
- [FQHC Finder](#)

Resources For Families

- [CDC-Seasonal Flu Vaccine](#)
- [CDC-COVID-19 Vaccine](#)
- [CDC-Respiratory Viruses and Young Children](#)

★ Hygiene

- High-quality handwashing!
 - Teach children and remind staff how to properly wash hands and when to wash hands for 20 seconds long.
- Cough and sneeze hygiene
 - Teach children and remind staff to cough or sneeze into a tissue, or if unavailable, their elbow
- Use signs and posters
 - Many resources from CDC and IDPH
 - [CDC Clean Hands](https://www.cdc.gov/cleanhands/)
 - [IDPH Proper Handwashing](https://www.idph.gov/Programs/Prevention/PreventivePrograms/InfectiousDisease/HandHygiene/Pages/Handwashing.aspx)



★ Common Infection Control Measures



Use soap and water

- Before and after caring for someone at home who is sick
- After blowing your nose, coughing, or sneezing
- Use hand sanitizer with 60% alcohol base if soap and water are unavailable.



**Clean and disinfect
high touch surfaces.**

- Routinely disinfect toys and high-touch surfaces.
- Prevent sharing of cups, utensils, and linens.

★ Steps for Cleaner Air

- Improve ventilation however you can:
 - Open windows
 - HEPA air filter
 - Check HVAC systems
 - Hold activities outside if possible



★ When to Stay Home

- When ill with respiratory virus, stay home and away from others until for at least 24 hours both:



Symptoms are getting better **AND** fever-free (without medication)

- Then take additional precautions for the next 5 days
 - Hygiene, clean air, masking, distancing, and testing

★ When to Stay home – What If?

- What if a student or staff member develops a fever or starts to feel worse after they had resumed normal activities:

Enter answers here: <https://pollev.com/jennifercooper917>



Answer: Stay home and away from others again until both symptoms improved and fever-free 24 hours. Then take precautions for next 5 days.

★ When to Stay home – What If?

- What if a student or staff member tests positive for a respiratory virus (COVID-19, Flu, RSV, etc...), but has no symptoms?

Enter answers here: <https://pollev.com/jennifercooper917>



Answer: They should take precautions for the next 5 days as they may be contagious.

If symptoms start later, follow the guidance to stay home and away from others until symptoms improved and fever-free 24 hours. Then take precautions for the next 5 days.

★ Additional CDC Guidance



Masking



Distancing



Testing





COVID-19 Testing

Order Your 4 Free At-home COVID-19 Tests

Every U.S. household is eligible to order 4 free at-home tests.

COVIDTests.gov



Respiratory Virus Guidance Snapshot



Core Prevention Strategies

Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



Additional Prevention Strategies

Masks



Distancing



Tests



*Stay home and away from others until,



Your symptoms are
getting better

and



You are fever-free
(without meds)

for 24 hrs



Then take added precaution
for the next 5 days

Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering



★ Fifth Disease

What is it?

- Viral infection that also causes a rash, also known as 'slapped cheek' syndrome

Signs and Symptoms

- Fever
- Headache
- Cough
- Sore throat
- Rash
- Joint pain

Transmission

- Spreads like other respiratory viruses
- Once the rash appears, the infected person is no longer contagious



★ Fifth Disease

Treatment

- Rest
- Acetaminophen (Tylenol) can help with fever and joint pain.
- An antihistamine can help with itching.
- Plenty of fluids

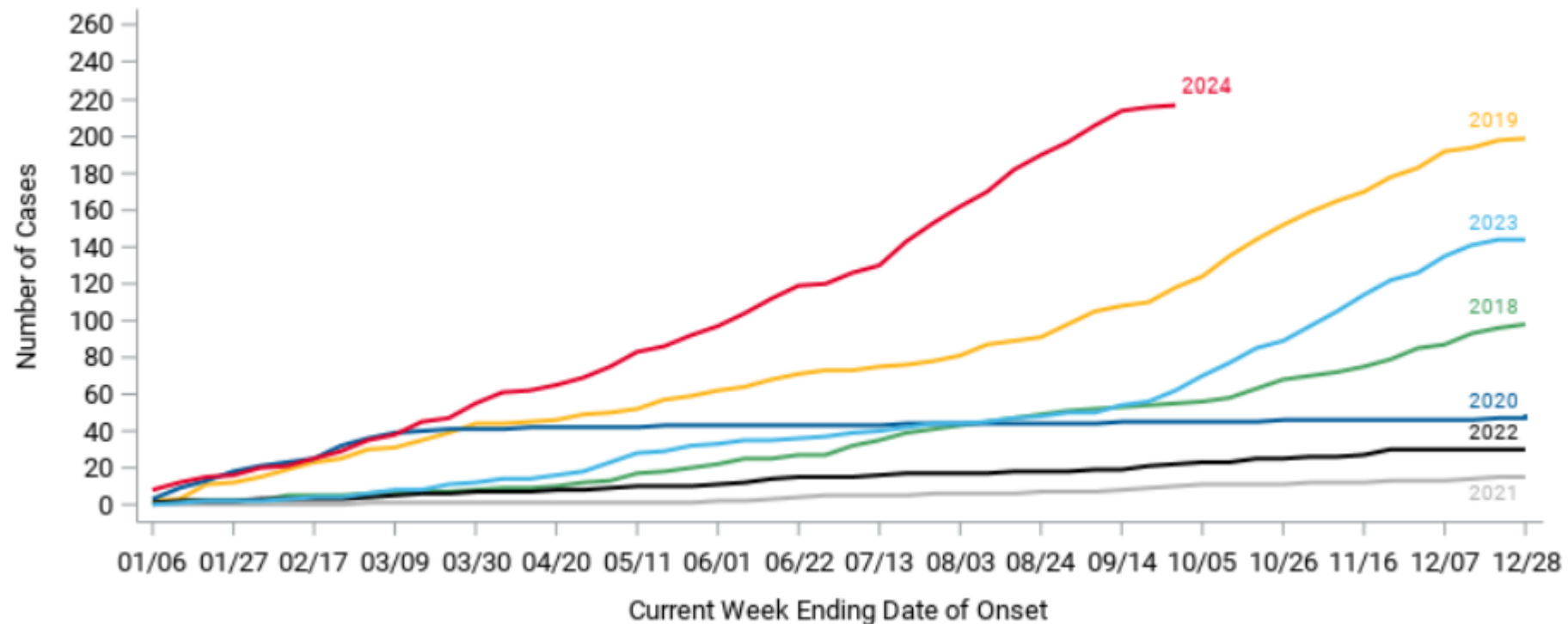
Exclusion

- Exclude with fever (100.4°F or above)
- Until symptoms improving for at least 24 hours



Pertussis (Whooping Cough) Has Been Increasing Nationwide in 2024

Figure 1. Weekly Cumulative Number of Pertussis Cases by Year of Illness Onset, 2018–2024





Pertussis – Whooping Cough



What is it?

- A respiratory illness caused by the bacteria *Bordetella pertussis*

Early Symptoms

- Runny or stuffy nose
- Low-grade fever (less than 100.4°F)
- Mild, occasional cough

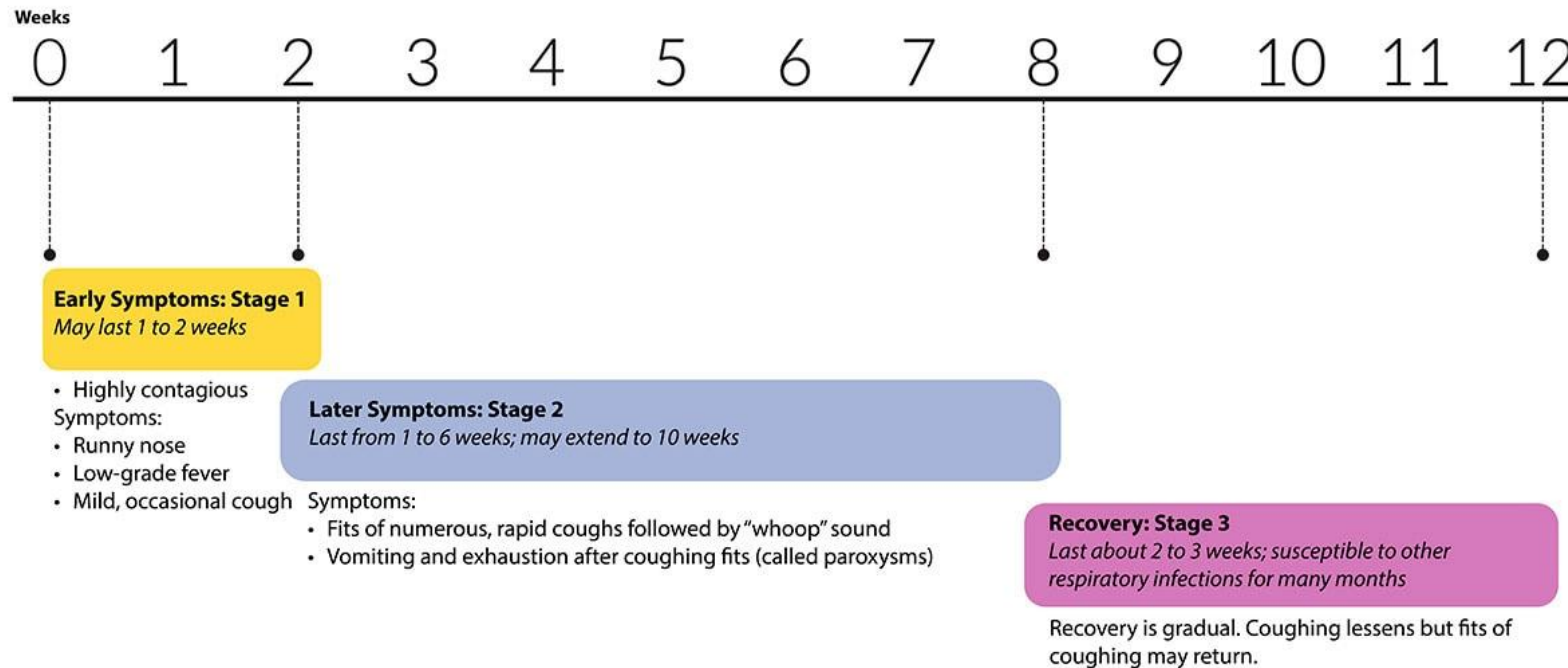
Later Symptoms

- Coughing fits
- High-pitched 'whoop' sound when inhaling after coughing fit
- Vomiting during or after coughing
- Difficulty sleeping
- Struggling to breathe



Pertussis – Whooping Cough

Whooping Cough Disease Progression



cdc.gov/whoopingcough



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

10-000004



Pertussis – Whooping Cough Complications

Babies and children

- Complications are common
- 1 in 3 babies < 1 year old with whooping cough need to be hospitalized
- Complications include:
 - Apnea (life-threatening pause in breathing)
 - Pneumonia
 - Convulsions (violent shaking)
 - Encephalopathy (disease affecting the brain)

Teens and adults

- May still have complications (e.g. pneumonia), but less common
- Complications are usually less serious



★ Vaccines for Pertussis – Whooping Cough

People of all ages need **WHOOPING COUGH VACCINES**



DTaP

for young children

- ✓ 2, 4, and 6 months
- ✓ 15 through 18 months
- ✓ 4 through 6 years

Tdap

for preteens

- ✓ 11 through 12 years

Tdap

for pregnant women

- ✓ During the 27-36th week of each pregnancy

Tdap

for adults

- ✓ Anytime for those who have never received it

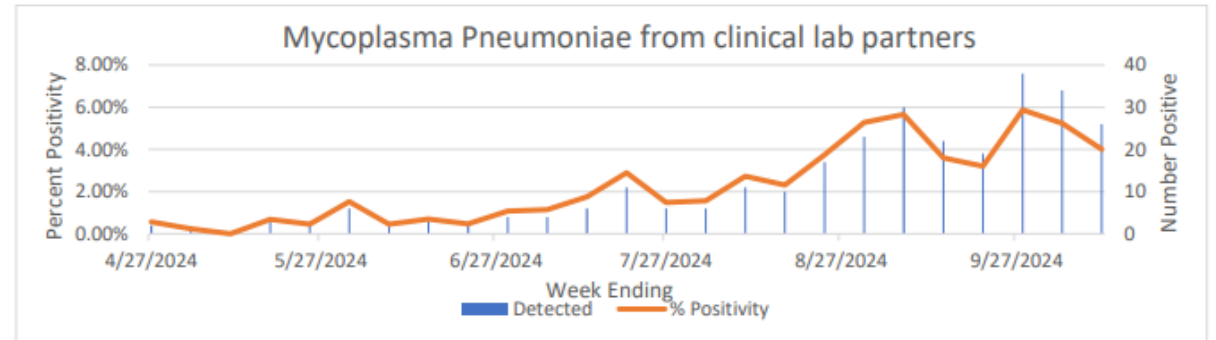
www.cdc.gov/whoopingcough



Mycoplasma Pneumoniae



- Bacterial respiratory infection that can cause pneumonia
- Symptoms generally mild, but may be severe
- Common symptoms:
 - Cough
 - Feeling tired
 - Fever and chills
 - Shortness of breath



- Recent increase in cases nationally and in Illinois
- Antibiotics may be needed, encourage parents of children experiencing symptoms to see a healthcare provider.
- Encourage handwashing and respiratory hygiene!



Key Takeaways

- Updated CDC COVID-19 guidance: 5-day isolation no longer required
- Follow updated CDC Respiratory guidance
 - Encourage prevention (cleaner air, hygiene, vaccines)
 - Children and staff should remain home while having respiratory symptoms and return once their symptoms have improved for 24 hours and they are fever-free for 24 hours.





References & Resources

[CDC Respiratory Infection Guidance for K-12 Schools](#)

[CDC Preventing Infectious Disease in Early Childcare](#)

[CDC Infection Prevention for K12 Schools](#)

[Communicable Diseases in Schools HAN Page](#)

[HAN Sign Up](#)

[IDPH Communicable Disease Guidance](#)



★ How to connect with CDPH

Have questions?

Join us the second **Tuesday of the Month!**

- English Office Hours 10-11am
 - [Click here to join.](#)
- Spanish Office Hours 11-12
 - [Click here to join.](#)

Contact CDPH School Team

(312) 746-6015

SchoolsCD@cityofchicago.org

To get emails about upcoming events

[Sign Up for the ChicagoHAN.org](https://www.chicago.gov/han)

Upcoming Webinars

Mental Health:

- December 3rd from 10-11am (K12 Schools)
[Join the meeting now](#)
- December 5th from 1-2pm (Early Childcare)
[Join the meeting now](#)

To Report a Reportable Illness in Chicago

Call the CDPH Disease Reporting Line at (312) 743-9000 immediately during normal working hours.

After hours, weekends, and holidays, call 311 and ask for the communicable disease physician on-call.

- *If you are calling from outside the City of Chicago 311 can be reached at 312-744-5000*

CDPH Immunization Services

- Reviewing center's immunization records to help compliance
- Educational sessions and resources for parents and staff on the importance of vaccines and being up to date. Can be offered in English and Spanish
- Helping coordinate a vaccine event with our BCBS Care Van
 - The Chicago Care Van is a mobile immunization clinic that provides no out of pocket cost vaccine to all children from birth through 18 years of age.
 - The Care Van provides all immunizations that are recommended by the CDC with the exceptions of varicella (chicken pox) and rotavirus
 - Please request an event using this link: [CareVan Event Request Form \(illinois.gov\)](#)
 - **The CareVan DOES NOT PROVIDE SCHOOL PHYSICALS.**

- Contacting the team:
 - Atinuke Ajibola (Atinuke.Ajibola@cityofchicago.org)
 - Whiney Bellido (Whitney.Bellido@cityofchicago.org)
 - Ariel Ornelas (Ariel.Ornelas@cityofchicago.org)



Evaluation Survey



Thank You!



[Chicago.gov/Health](https://chicago.gov/Health)



HealthyChicago@cityofchicago.org



[@ChicagoPublicHealth](https://www.facebook.com/ChicagoPublicHealth)



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