

**Communicability, Isolation, and Quarantine:
Non-pharmaceutical Management of Influenza Cases
Michigan Department of Community Health**

October 2009

Influenza Type	Incubation	Communicable Phase	Containment Measures for Individuals	Management of Contacts
Seasonal	1 to 4 days average of 2 days	1 day prior to symptom onset; 3 to 5 days post-symptom onset; children = up to 10 days	standard, droplet 5 days; consider longer for children	
Avian H5N1 (Novel Strain)	1-10 days ¹	approximately 14 days	full barrier ² for 7 days after fever resolution; for children 14-21 ³ day after symptom onset	Monitor for 7 to 10 days after last exposure. ⁴
Novel H1N1 ⁵	1-4 days	Unknown. 1 day prior to symptom onset; 7 days following illness onset; children = up to 10 days	for non-healthcare personnel, remain home until fever free for 24 hours without fever-reducing medications	monitor health; stay home if symptoms develop

¹ U.S. Department of Health and Human Services. *Pandemic Influenza Plan*. Washington DC: Government Printing Office, 2005. <http://www.hhs.gov/pandemicflu/plan/>

² Full barrier = airborne, standard precautions, contact, droplet, plus face/eye protection

³ The U.S. *National Strategy for Pandemic Influenza – Implementation Plan* and Centers for Infection Disease and Research Policy (CIDRAP) recommend 14 days. The WHO recommends 21 days.

⁴ World Health Organization *Global Influenza Preparedness Plan* (2005) recommends 7 days. DHHS *Pandemic Influenza Plan* (2005) recommends monitoring contacts for a minimum of at least one incubation period, which varies with novel strain. By the DHHS recommendations, monitoring contacts for H5N1 could require 10 days.

⁵ <http://www.cdc.gov/h1n1flu>