

## Influenza Outbreak Control in Long-Term Care Facilities

### Prepare for a flu outbreak

- **Vaccinate** all residents and staff
- **Prepare** for outbreaks
  - Obtain pre-approved Tamiflu orders from physicians
  - Monitor residents, staff & visitors for flu-like symptoms
  - Establish and/or evaluate flu testing protocol

### Identify a flu outbreak

- Defined as: **1 lab-confirmed or  $\geq 2$  residents** with influenza-like illness (ILI) within 72 hours
- ILI symptoms include: fever, cough, sore throat, fatigue, body aches, runny or stuffy nose
  - Elderly may have atypical flu symptoms: chills, confusion, headache, loss of appetite, gait instability, or pneumonia
- Perform influenza testing on ill residents
- **Report an outbreak or any flu-associated death** to Public Health-Seattle & King County: call 206-296-4774 or fax the report form to 206-296-4803

### Monitor and control infection

- Begin daily monitoring of residents and staff for ILI symptoms
- Implement standard and droplet precautions
  - Wear gowns, gloves & facemasks
  - Perform hand hygiene before and after contact with resident and/or resident environment
- Implement control measures
  - Restrict ill resident to room, limit group activities, avoid new admissions to unit with symptomatic residents, designate staff to care for ill residents
  - Limit visitation. Exclude ill persons from visiting
  - Monitor staff absenteeism due to respiratory illness. Exclude ill staff until fever-free for 24 hours

### Treat ill residents

- Administer antiviral treatment immediately, unless contraindicated, to all long term care residents who have confirmed or suspected influenza
- Do not wait for lab results. Treatment works best when started within 2 days of symptom onset
- Follow CDC antiviral treatment dosing guidelines  
<https://www.cdc.gov/flu/professionals/antivirals/summary-clinicians.htm>

### Administer Prophylaxis

- Administer prophylaxis to all non-ill residents, unless contraindicated, when  $\geq 2$  residents ill within 72 hours AND at least 1 resident lab-confirmed influenza
- Consider offering prophylaxis to unvaccinated staff
- Follow CDC antiviral chemoprophylaxis dosing guidelines  
<https://www.cdc.gov/flu/professionals/antivirals/summary-clinicians.htm>

## Influenza in LTCF: Steps to Control an Outbreak

### Control the spread of infection

- Educate residents and staff about hand hygiene and cough etiquette. Post signs
- Provide staff in-service about hand washing and use of personal protective equipment (PPE)
- Ensure access to sinks, soap, water and alcohol-based hand sanitizer
- Increase environmental cleaning and disinfecting – hand rails, door knobs, common surfaces

### Protect residents

- Restrict ill residents to their rooms
- If 2 or more residents with influenza-like illness AND 1 lab confirmed influenza, cancel large group activities and consider serving all meals in resident rooms
- Avoid new admissions or transfers to units with symptomatic residents

### Monitor and exclude ill Staff

- Monitor and exclude ill personnel with influenza-like illness until at least fever free for 24 hours without the use of fever-reducing medication
- Restrict personnel movement from areas of the facility with ill residents to unaffected areas
- Implement standard and droplet precautions (gowns, gloves, facemask)

### Educate Visitors

- Limit visitation and exclude ill visitors from visiting facility via posted notices
- Provide facemasks and remind visitors of need for good hand hygiene
- Consider restricting visitation by children during influenza outbreak

### Vaccinate residents and staff

- Administer current season's influenza vaccine to unvaccinated residents and health care personnel per current vaccination recommendations

### Report outbreaks and deaths

- Report an outbreak or any flu-associated death to Public Health-Seattle & King County: call 206-296-4774 or fax the report form to 206-296-4803
- Report an outbreak to the Licensor: WA DOH DSHS 1-800-562-6078