
### Prepare for an Influenza Outbreak

**TASK**
- Plan for an outbreak
- Vaccinate all residents and staff against influenza annually
- Infection control preparedness

**ACTION / INFORMATION**
- Develop a facility influenza outbreak plan.
- Review it annually prior to the influenza season
- Ensure all staff and general practitioners (GPs) are aware of this plan.
- Ensure all staff, residents and volunteers are aware of the importance of annual influenza vaccination.
- Provide free influenza vaccination for all staff on site at times that cater for all shifts.
- Encourage GPs to vaccinate residents annually against influenza.
- Create a list of staff and residents by influenza vaccination status; ensure it is kept updated and accessible.
- Provide annual infection control training to all staff that includes information about influenza.
- Ensure hand washing facilities or alcohol based hand rubs are available near point of care.
- Encourage frequent and appropriate hand hygiene at all times.
- Ensure signage is available for use in the event of influenza outbreak.
- Consider how case isolation will be managed.
- Develop contingency staffing plans in event of staff illness.

### Resident with Influenza-like Illness?

**Influenza-like illness (ILI) case definition for residential care facilities.**

- Sudden onset of symptoms
  - cough (new or worsening)
  - sore throat
  - shortness of breath

**AND at least one of the following three respiratory symptoms:**
- fever or feverishness
- malaise
- headache
- myalgia (muscle pain)

- Note that fever may be absent in elderly persons.
- Have a high index of suspicion for influenza-like illness during the influenza season.

### Potential Influenza Outbreak?

- Influenza-like illness cases in residents or staff within 72 hours.
- Inform the facility’s senior nurse on duty.
### Collect specimens
- Discuss each resident with influenza-like illness with treating GP.
- Obtain laboratory request forms for respiratory viral testing.
- Ensure a minimum of three but preferably four to six persons with influenza-like illness are tested.
- Collect nose and throat swabs. Use a single viral transport collection tube for each person.
- Observe droplet precautions when collecting specimens i.e. gloves, fluid resistant surgical mask and wash hands before and after collection.
- Request that staff members with influenza-like illness consult their GP for respiratory specimen collection

### Implement additional infection control measures immediately
- Commence droplet precautions including gloves and fluid resistant surgical mask when caring for residents with an influenza-like illness. Maintain a one metre distance between an infected person and others.
- Isolate residents with influenza-like illness, if feasible.
- Staff and volunteers with an influenza-like illness must stay away from the facility until well.
- Request that visitors do not visit the facility if unwell.
- Inform all visitors about cough etiquette and hand hygiene.
- Immunise residents and staff who have not been immunised with the current influenza vaccine as soon as possible.

### Ensure appropriate management of cases
- Symptomatic treatment under the guidance of the resident’s GP.
- Use of antiviral medication is a clinical decision made by the GP. If used, antiviral medication should be started within 48 hours of symptom onset.

### Confirm outbreak
- Three or more new cases of influenza-like illness in residents or staff within 72 hours, at least one of which is laboratory confirmed.

### Document and monitor outbreak daily
- Nominate an outbreak coordinator at the facility.
- Create a detailed list of residents and staff with influenza or influenza-like illness including location, vaccination status, onset date, symptoms, specimens taken and results, treatment and outcome. Update the list daily.

### Inform
- Inform SA Health Communicable Disease Control Branch on phone 1300 232 272. Contact again if death or hospitalisation of resident or staff occurs.
- Inform GPs, facility staff, residents and families of residents.

### End outbreak
- No new cases for 8 days from onset of symptoms in last case.
- Send final detailed list to Communicable Disease Control Branch at HealthDSIU@sa.gov.au or fax to (08) 8226 7187
- Review outbreak management.

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**For more information**
Communicable Disease Control Branch  
Telephone: 1300 232 272  
Public -I1-A2  
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