



FLU OUTBREAKS IN CARE HOMES

What is an outbreak?

Two or more residents or staff who have the following symptoms occurring within 2 days(48hrs) in the same area of the care home.
Fever of 37.8 degrees C
PLUS
Cough, runny nose or congestion, sore throat, sneezing, hoarseness, shortness of breath, wheezing, chest pain OR
Sudden decline in physical or mental ability.



If the care home suspects flu they should contact the GP and the community infection control nurses on 01744 457314.

Care of resident with flu

Isolate in their room for at least **5 days** after start of symptoms.
Keep warm
Plenty of fluids.
Tissues and safe disposal of.
Take daily temperature.
Paracetamol to reduce fever.
Ask GP to review – may need antiviral medication.
Good handwashing.
Standard infection control precautions.

Care home precautions

Complete the flu resource pack with details of all residents and renal function.
Close the home/units to admissions.
Staff to use plastic aprons and gloves when caring for affected patients.
Visitors to be informed of outbreak.
Keep list of affected residents.
Daily contact with the Infection control nurses.

Antivirals are available for **Warrington** and **Halton** residents at Stockton Heath pharmacy ,The Forge, Stockton Heath tel: 01925 266753
St Helens residents at the Millenium Pharmacy tel 01744 633740.



Community infection control nurses will visit the home and take swabs from affected patients.
ICNs will liase with Public Health England about the need for Antivirals.
If antivirals are advised PHE will contact the GP to advise that they need prescribing.
Important they are prescribed in a timely manner.

Antivirals

Antivirals given on advice of PHE.
Need to be given within **48hrs** of exposure to influenza.
Will be given to a unit or the whole home depending on number of residents affected. Care home will have details of all residents and their renal function to assist you.
Treatment for affected patients
Oseltamivir 75mg twice a day for 5 days
Prevention of influenza for contacts.
Oseltamivir 75mg once daily for 10 days