

## Influenza and Influenza-like Illnesses (ILI) in Residential Facilities

According to state law (WAC Chapter 246-101), residential facilities must report any outbreak (one confirmed case of influenza or two or more cases of influenza like illness [fever >100° with cough and/or sore throat]) to Spokane Regional Health District Epidemiology at 324-1442.

An epidemiologist will evaluate the situation and ask you to check in on a daily basis to report counts of ill and well residents and staff and for further advice/guidance. In addition, we recommend that you implement the following measures to the greatest extent possible in order to prevent/limit transmission:

- a) Confine ill residents to their rooms and/or group those with influenza or ILI on a ward designated to accept residents with suspected or confirmed influenza.
- b) Initiate droplet precautions for persons with ILI or confirmed influenza infection, including wearing a mask when within three feet of the patient, wearing a gown if clothing is likely to be soiled by body fluids, and practicing hand hygiene before and after patient contact.
- c) Consider offering and/or issuing a standing order for influenza antiviral medications for:
  - Treatment** of ill residents and healthcare personnel, *and*
  - Prophylaxis** of exposed residents, unvaccinated personnel, and those vaccinated less than two weeks before exposure.
- d) Offer influenza vaccine to unvaccinated residents and healthcare personnel in wards not affected by influenza and ILI.
- e) Monitor staff for ILI and restrict ill personnel from coming to work.
- f) Post notice in the employee area and on facility doors warning of the outbreak and urging all visitors and volunteers to avoid visiting until the outbreak is over.
- g) Admit no new residents to the facility or ward experiencing the outbreak. This recommendation may be modified during times when communities are experiencing high levels of influenza and the need for care beds is acute.
- h) Bring meals to ill residents in their rooms; use a designated cart that only goes to rooms with ill residents.
- i) Clean and sanitize all surfaces in rooms and bathrooms of ill residents.

Influenza and ILI are caused by viruses and are readily transmitted from person to person. Before influenza has been detected in your facility, residents who display signs of influenza (*sudden onset of fever, cough, headache/body ache and fatigue*) or ILI should be tested by Rapid Flu and/or viruculture. Once cases in the facility are laboratory confirmed, ILI may be considered as probable influenza without further testing.