

# Seasonal Influenza Recommendations

## Continuing Care

**Purpose:** To prevent exposure to seasonal Influenza in all resident care areas in Alberta Health Services owned and contracted continuing care facilities.

<b>Screening</b>	<ol style="list-style-type: none"> <li>All residents should be screened for Influenza-like illness (ILI) on a daily basis. Health care workers should look for the following symptoms: Acute onset of respiratory illness with fever and cough, <b>and</b> with one or more of the following: <ul style="list-style-type: none"> <li>Sore throat;</li> <li>Joint pain;</li> <li>Muscle aches;</li> <li>Severe exhaustion;</li> <li>Residents over 65 years may not have fever.</li> </ul> </li> <li>Ensure all residents with respiratory symptoms are placed on <a href="#">Droplet and Contact Precautions</a>.</li> <li>Conduct ongoing surveillance and monitoring for unusual clusters of illness in residents and staff and identification of possible ILI outbreaks, see <a href="#">Outbreak Management Guidelines</a>.</li> <li><b>ILI Outbreak Definition:</b> 2 or more cases of ILI within a 7 day period, with a common epidemiological link (e.g., same location or same caregiver, and evidence of transmission with the unit or site).</li> </ol>
<b>Point of Care Risk Assessment</b>	Staff caring for residents with symptoms of ILI must perform Point of Care Risk Assessment (PCRA) prior to performing care, see <a href="#">Point of Care Risk Assessment for Patients with Influenza-Like Illness (ILI)</a> .
<b>Respiratory Hygiene</b>	Encourage residents to practice respiratory hygiene by covering their cough and sneezes (with mask or tissues provided) and performing hand hygiene.
<b>Hand Hygiene</b>	Encourage strict adherence to hand hygiene.
<b>Isolation Precautions</b>	Adhere to droplet and contact precautions. N95 respirators are required for aerosol generating medical procedures only.
<b>Influenza immunizations</b>	Protect yourself, your residents and your families – get immunized! It is not too late to get your influenza vaccination, see <a href="#">Influenza Immunization Clinics</a> .
<b>Visitors</b>	Instruct visitors, family, friends, private caregivers, etc. to: <ul style="list-style-type: none"> <li>not visit when feeling unwell;</li> <li>perform hand hygiene upon entry into and exit from the facility;</li> <li>practice respiratory hygiene while visiting;</li> <li>contact facility staff if providing direct care to a resident.</li> </ul>
<b>Additional resources</b>	<ul style="list-style-type: none"> <li><a href="#">IPC Continuing Care Resource Manual</a></li> <li><a href="http://www.albertahealthservices.ca/ipc/hi-ipc-droplet-and-contact-sign-CC.pdf">http://www.albertahealthservices.ca/ipc/hi-ipc-droplet-and-contact-sign-CC.pdf</a></li> <li><a href="http://www.albertahealthservices.ca/2824.asp">http://www.albertahealthservices.ca/2824.asp</a></li> </ul>

<sup>1</sup> Patients are all persons who receive or have requested health care or services. The terms “client” or “resident” may also be used, depending on the health care setting.