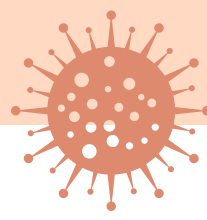


Bug Watch Influenza



What is Influenza?

- Influenza (flu) is a contagious respiratory illness caused by an influenza viruses (type A or B)
- Primarily affects the nose, throat, and lungs
- Can lead to serious illness, hospitalization, or death, especially in those with chronic conditions

Why is it a concern?

- Rapidly spreads through droplets when people cough, sneeze, or talk
- Can cause severe complications (e.g., pneumonia, worsening of chronic diseases)
- Residents and staff in congregate settings are at higher risk

How does Influenza spread?

- *Droplet transmission*: through large respiratory droplets from coughs/sneezes
- *Contact transmission*: via contaminated hands, tissues, or surfaces
- Can survive on surfaces for several hours

Signs & Symptoms

- | | |
|-----------------------|------------------------|
| • Fever and/or chills | • Muscle or body aches |
| • Cough | • Fatigue |
| • Sore throat | • Headache |
| • Runny/stuffy nose | |

Note: Older adults' symptoms may present atypically

Antivirals

Oseltamivir (Tamiflu) or Zanamivir (Relenza)

- Used as prevention (prophylaxis) or treatment for influenza
- During an outbreak, Public Health may recommend Tamiflu for:
 1. **Prophylaxis** - asymptomatic residents and staff (at risk of acquiring), as directed by Public Health
 2. **Treatment** - residents with confirmed or suspected influenza (ideally started within 48 hours of symptom onset)

Tamiflu does **NOT** replace vaccination but may work best in combination for exposed high-risk individuals.

Preventing Transmission



Routine Practices

- Perform 4 moments for hand hygiene
- Use PPE based on risk assessment
- Encourage residents to cover coughs/sneezes and clean hands often, if capable



Additional Precautions

- Implement droplet/contact precautions for suspected and confirmed cases
- Wear mask, eye protection, gown, and gloves



Environmental Cleaning

- Clean and disinfect high touch surfaces at least twice daily during outbreaks
- Use a Health Canada approved disinfectant with an influenza kill claim and ensure contact time followed
- Clean shared equipment between every use



Vaccination & Antivirals

- Annual influenza vaccination is the most effective prevention tool
- Encourage vaccination for all residents, staff, students, and volunteers in the home

Outbreak Preparedness & Management



- | | |
|--|---|
| <ul style="list-style-type: none"> • Ensure sufficient PPE supply • Stay home when sick! • Collect swabs for testing • Understand outbreak definitions | <ul style="list-style-type: none"> • Notify the PHU immediately when suspect or confirmed outbreak criteria are met • Increase surveillance • Implement outbreak measures promptly |
|--|---|

Influenza outbreaks are reportable to PHU. IPAC Hub can support with outbreak management!