



PREVENTING INFLUENZA (FLU) IN LONG-TERM CARE FACILITIES

Philadelphia Department of Public Health

Division of Disease Control

2012

TOPICS COVERED

○ What is the problem?

- Flu in nursing homes/personal care homes
 - Signs and Symptoms
 - How the disease is spread
 - The severity of the disease

○ What can you do?

- Prevention and control
 - Flu vaccine
 - Infection control

THE FLU - FACT VS. FICTION

1. “The flu is only a minor health condition.”

FALSE

2. “It doesn’t matter if I don’t get vaccinated;
I never get the flu anyway.”

FALSE

3. “Nobody dies from the flu.”

FALSE

WHY DISCUSS INFLUENZA?

- ◉ 25-50 million U.S. cases annually
- ◉ 200,000 hospitalizations in U.S. every year
- ◉ 30,000–40,000 deaths in U.S. every year
 - Over 90% in adults age 65 and older
- ◉ Severe illness most common among very young children and elderly populations

THE FLU IS PREVENTABLE!!

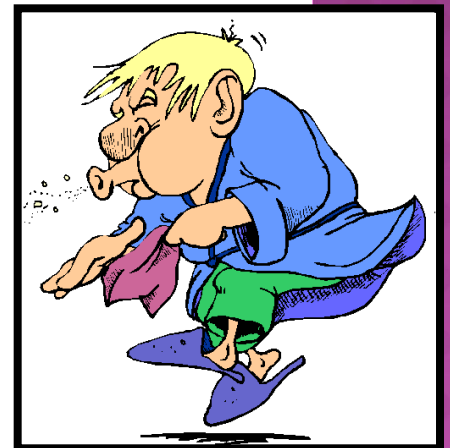
!@\$#



Freddy the Flu Bug

WHAT IS FLU?

- ◉ Respiratory illness caused by the influenza virus
- ◉ Can spread very easily from person to person
- ◉ Fever, chills, cough, sore throat, fatigue, muscle aches, lasting approximately 5-12 days
- ◉ 1 to 5 days between exposure to virus and start of flu symptoms



HOW IS THE FLU SPREAD?

- Respiratory Secretions

- Coughing, Sneezing, Mucus
- Contact with infected surfaces and subsequent contact with hands to face or mouth

- Adults can spread flu 1 day before onset of symptoms and up to 5 days after onset

- You can have the flu without feeling sick!



THE MORE SERIOUS SIDE OF FLU

- Influenza can lead to serious health complications
 - Pneumonia
 - Dehydration
 - Death
- Elderly and young children are at most risk
 - In elderly, symptoms may be different - minor fever, sore throat, cough, change in mental status

TREATMENT

- Supportive

- Rest
- fluids

- Antiviral drugs

- Relenza®
- Tamiflu®



FOR DISCUSSION

1. When is “flu season”?

Winter months but can start as early as October and last through May

2. What are (usually) the peak months?

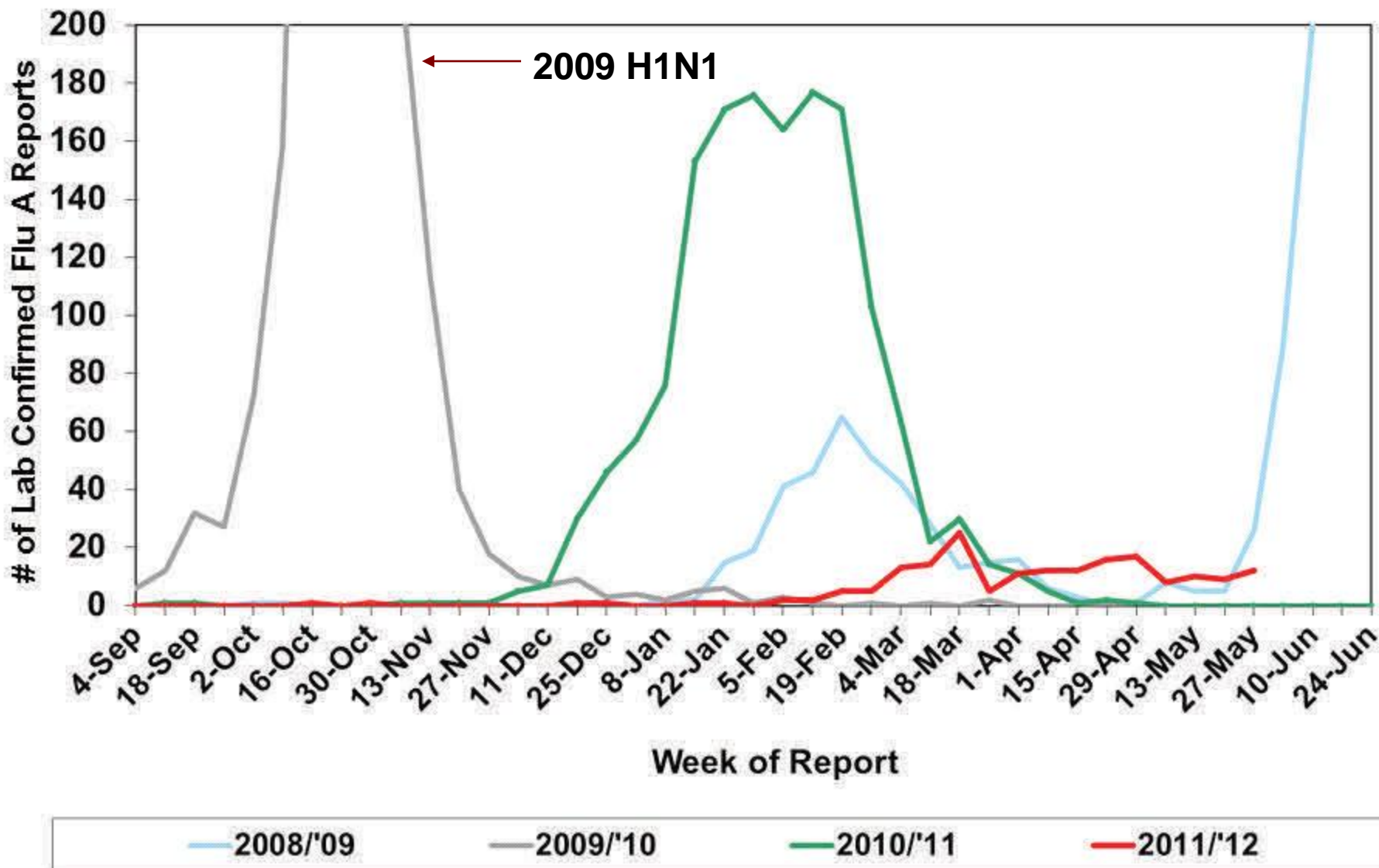
January-March

3. If someone is sick with flu, what is the likelihood that someone else in household will also get the flu?

90%!

Laboratory-Based Surveillance for Influenza A: Philadelphia, 2008/2009 through 2011/2012 Seasons*

*Based on select hospital laboratories participating in surveillance across respiratory virus seasons



PREVENTION

Vaccine and Infection Control Practices

VACCINE - FLU SHOT

○ Flu Shot- Intramuscular

- Inactivated vaccine (3 killed virus strains) delivered by needle
- For *anyone* 6 months and older
- Yearly vaccination is necessary!
 - Flu virus changes every year
- Most common side effect
 - Sore arm



○ Flu Shot- Intradermal

- Inactivated vaccine administered into the skin by a short needle
- Available for adults ages 18-64 years

VACCINE - FLUMIST

○ Intranasal Vaccine

- Inhaled vaccine through nasal spray - Live Attenuated Influenza Vaccine (LAIV)
- Appropriate for healthy persons aged 2-49 (not pregnant)
- OK for most health care workers
- Side effects
 - Runny nose
 - Sore throat
 - Slight fever



MORE ABOUT VACCINE

- Flu vaccine does *not* cause the flu
- Vaccine does not protect against other diseases
 - There are many other similar seasonal illnesses, but flu is the most serious!
- Not recommended for people who:
 - Have a severe egg allergy
 - Are currently *very* ill



Nature.com

BENEFITS OF VACCINATION

○ Why get vaccinated?

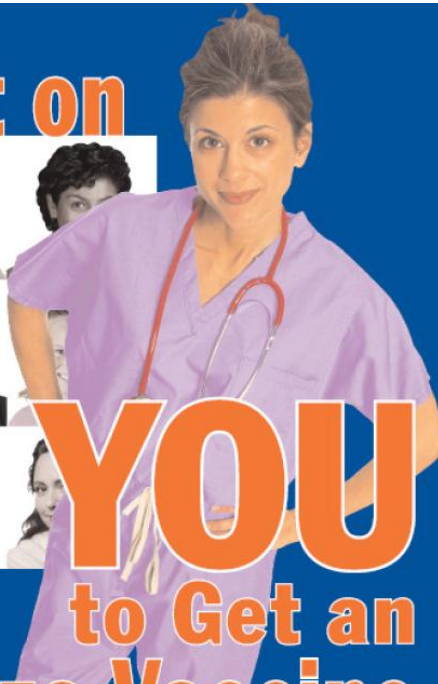
- “The single best way to protect yourself and others against influenza is to get a flu vaccination each year.” (CDC)
- For healthy adults vaccination can prevent influenza in **70-90%** of cases
- Prevents spread of the disease and protects those with weakened immunity

BENEFITS OF VACCINATION - HEALTH CARE WORKERS

- Vaccination of health care workers
 - Decreases staff illness
 - Decreases illness and death among patients/residents
 - Fewer missed work days
 - Fewer/shorter outbreaks
 - Protects pregnant women and their newborns
 - Protects the health of their families



They Count on



YOU to Get an Influenza Vaccine

When you get the flu, you expose your family, patients and coworkers to infection. Healthy adults may be able to infect others with the flu up to 1 day before they start having symptoms. And once sick, they can infect others for up to 5 days. *That's why it's important for you to prevent the flu by getting your flu vaccine every year.*

Protect yourself. Protect your patients. Get *your* flu vaccine.

For more information contact your doctor or the Philadelphia Department of Public Health at 215-685-6740.



Department of Health and Human Services

I can't cover my shift.



Flu doesn't fight fair.

Even if you're healthy, you can get sick and **spread the flu** to your co-workers, patients, or **even bring it home** to your family.

Fight back.

DON'T GET THE FLU. DON'T SPREAD THE FLU. GET VACCINATED.



For more information contact your doctor or the Philadelphia Department of Public Health at 215-685-6740.

FOR MORE INFORMATION
800-CDC-INFO



Department of Health and Human Services

BENEFITS OF VACCINATION – RESIDENTS

- For residents, the flu shot is most effective in preventing:

- Severe illness
- Secondary complications
- Deaths related to the flu



- Vaccine effectiveness

- 50%-60% effective in preventing hospitalization or pneumonia and
- 80% effective in preventing death from the flu.

FLU OUTBREAKS

- ⦿ Associated with low vaccination rates among healthcare personnel
- ⦿ Low vaccination rates provide opportunity for flu to affect many residents and staff of facility

HOW ELSE CAN YOU PREVENT THE FLU IN YOUR WORKPLACE?

- ⦿ Wash your hands
 - If a sink is not nearby use an alcohol-based hand sanitizer
- ⦿ Stay home if sick!
- ⦿ Cover your cough!
- ⦿ Infection Control
 - Standard Precautions
 - Droplet Precautions
 - Facility-Wide Measures

WASH THE GERMS AWAY...



- **HAND WASHING** is the easiest way to stop spreading germs.
- Washing your hands for 20 seconds with warm water and soap or alcohol based hand sanitizer will **GREATLY** reduce your risk of catching and spreading germs.



For more information about health hygiene call
The Philadelphia Department of Public Health
at 215-685-6740

HOW ELSE CAN YOU PREVENT THE FLU IN YOUR WORKPLACE?



○ Droplet Precautions

- Wear standard surgical masks when working within 3 feet of resident (or upon entering room)
- When possible place infected resident in a private room, or place curtains between residents in a shared room
- Resident may wear surgical mask outside of room
- Place a sign on the door of resident and note on medical chart

Droplet Precautions

STOP

Visitors Please See Nurse Before Entering Room

WASH HANDS, WEAR MASK, AND USE PROTECTIVE EYEWEAR



MORE PREVENTION

- Know the Symptoms of Flu
 - Influenza-like-illness (ILI)
 - Fever of 100° F (37.8° C) or higher,
 - And cough or sore throat,
 - And no other obvious explanation for the illness
- Recognize flu in yourself
- Recognize flu in residents
 - May not be obvious in the elderly
- Communicate with other staff



INFECTION CONTROL - FACILITY WIDE

- If you are sick, stay home!
 - Recognize symptoms of flu in yourself and in your residents (subtle)

- Visitor restrictions
 - No one ill should visit during flu season (posters are helpful!)



Help Protect Our Residents!

Please do not visit if you have a fever or cough.



All healthy visitors please:



- Clean your hands after arriving and before leaving.



- Always cover your cough.

- Use a tissue or your sleeve when you cough or sneeze.



- Clean your hands after coughing or sneezing.

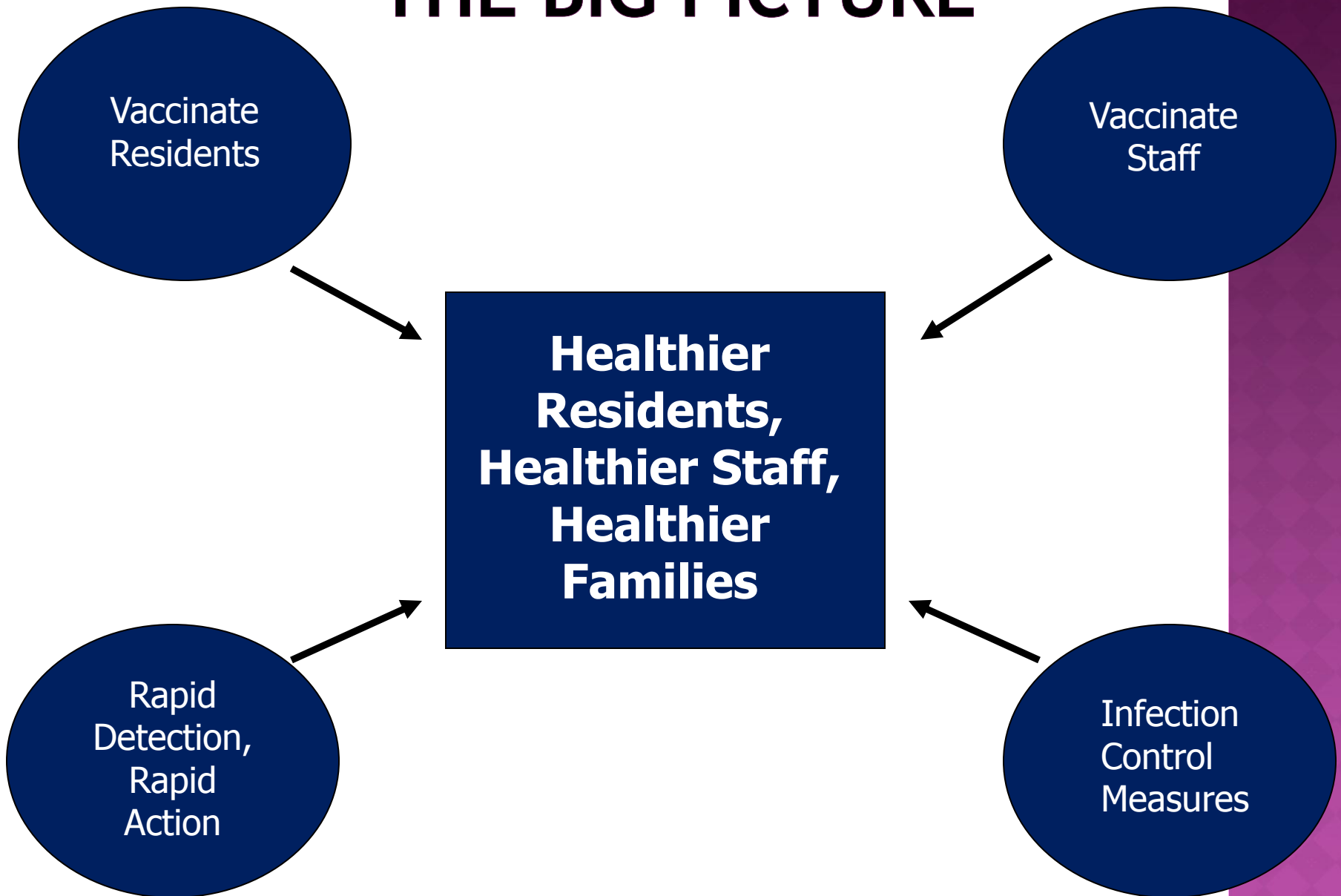


If you are ill and must visit, please ask for a mask.

INFECTION CONTROL - FACILITY WIDE

- ◉ Group ill residents together
- ◉ Group staff caring for ill residents
- ◉ Limit/restrict group activities

THE BIG PICTURE



SUMMARY - DO NO HARM

- ⊙ Vaccinate yourself and residents!
- ⊙ Stay home when you are sick! (~ 5 days)
- ⊙ Even subtle symptoms in the elderly may indicate influenza
 - Communicate with other staff and supervisors
 - Rapid detection and response are critical!
- ⊙ Practice good infection control measures
 - Droplet Precautions
 - Cough and Sneeze Etiquette

PDPH RESOURCES

- **Yearly Flu Guidelines**

- Posted at: hip.phila.gov

- **Signs and Posters for your Facility**

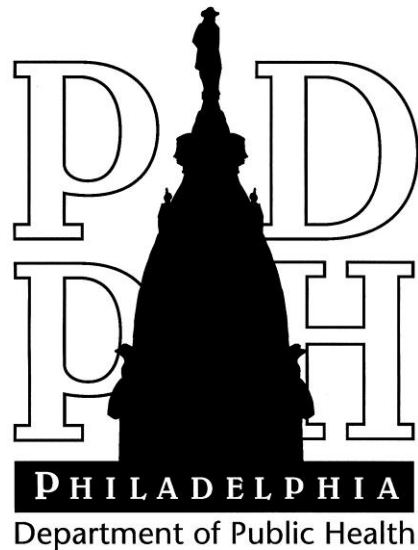
- Posted at: hip.phila.gov

- **Report outbreaks to the Health Department,
we are here to help!**

- (215) 685-6740

QUESTIONS OR COMMENTS?

Thank you for your attendance!



WEB RESOURCES

- Centers for Disease Control and Prevention (CDC)
 - www.cdc.gov/flu
- Philadelphia Department of Public Health (PDPH)
 - www.phila.gov/health
 - <https://hip.phila.gov>
- PA Department of Health
 - www.dsf.state.pa.us/health
 - www.phila.gov/health
 - <https://hip.phila.gov>