### Seasonal Influenza Recommendations

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

| Screening | 1. 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, and with one or more of the following:  
|           | - Sore throat;  
|           | - Joint pain;  
|           | - Muscle aches;  
|           | - Severe exhaustion;  
|           | - Residents over 65 years may not have fever.  
|           | 2. Ensure all residents with respiratory symptoms are placed on Droplet and Contact Precautions.  
|           | 3. Conduct ongoing surveillance and monitoring for unusual clusters of illness in residents and staff and identification of possible ILI outbreaks, see Outbreak Management Guidelines.  
|           | 4. **ILI Outbreak Definition:** 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). |
| Point of Care Risk Assessment | Staff caring for residents with symptoms of ILI must perform Point of Care Risk Assessment (PCRA) prior to performing care, see [Point of Care Risk Assessment for Patients with Influenza-Like Illness (ILI)](http://www.albertahealthservices.ca/ipc/hi-ipc-droplet-and-contact-sign-CC.pdf). |
| Respiratory Hygiene | Encourage residents to practice respiratory hygiene by covering their cough and sneezes (with mask or tissues provided) and performing hand hygiene. |
| Hand Hygiene | Encourage strict adherence to hand hygiene. |
| Isolation Precautions | Adhere to droplet and contact precautions. N95 respirators are required for aerosol generating medical procedures only. |
| Influenza Immunizations | Protect yourself, your residents and your families – get immunized! It is not too late to get your influenza vaccination, see [Influenza Immunization Clinics](http://www.albertahealthservices.ca/2824.asp). |
| Visitors | Instruct visitors, family, friends, private caregivers, etc. to:  
|           | - not visit when feeling unwell;  
|           | - perform hand hygiene upon entry into and exit from the facility;  
|           | - practice respiratory hygiene while visiting;  
|           | - contact facility staff if providing direct care to a resident. |
| Additional resources | - [IPC Continuing Care Resource Manual](http://www.albertahealthservices.ca/ipc/hi-ipc-droplet-and-contact-sign-CC.pdf)  
|           | - [http://www.albertahealthservices.ca/2824.asp](http://www.albertahealthservices.ca/2824.asp) |

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1 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.

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