

Resident Outbreak Preparation

Resident or Decision Maker

Fall is the time to prepare for respiratory outbreak season. An outbreak is an increase in the number of people who live at a facility and become sick with the same kind of infection. Individuals living in continuing care homes and supportive living accommodations may be exposed to different kinds of respiratory infections including influenza and COVID-19. Those who are age 65 or older and anyone with chronic medical conditions are most at risk of serious illness and hospitalization.

Outbreaks may occur at the site you live in. The table below shows some ways to keep yourself from becoming sick and how to protect yourself if there is an outbreak.

How To Protect Yourself From Infections

- [Wash your hands](#) often and thoroughly with soap and water or use an alcohol-based hand rub.
- Practice physical distancing (2 meters or 6 feet) when in public locations.
- Stay in your room and tell someone in your facility when you are sick.
- Consider wearing a mask in public places.
- Cough or sneeze into your sleeve or a tissue, not your hands.
- Consider getting immunized to protect yourself against vaccine preventable illness, for example Pneumococcal infection.

How To Protect Yourself From Influenza

- Get your annual influenza vaccine every fall.
- A prescriber (physician, nurse practitioner, or prescribing pharmacist) can give you a prescription for a medicine called Oseltamivir (Tamiflu®) that can help to keep you from getting ill **if there is an influenza outbreak** at your site. See a prescriber as soon as possible to get a prescription in advance. Bring the [Advance Prescription for Oseltamivir \(Tamiflu®\)](#) form [20655] with you. Check with your site as some may make prescription arrangements on behalf of residents.
 - This prescription is filled, and the medication is taken **during an outbreak**, even if you have been immunized against influenza.
 - There is no charge for this medication.

How To Protect Yourself From COVID-19

- Get the recommended doses of COVID-19 vaccine.

For more information, visit: www.ahs.ca/topics/page16944.aspx.

If you have further questions, please contact the site manager.