

Memorandum

Date: Friday, November 24, 2023

To: Physicians and Staff in Spirit River

From: North Zone Medical Officers of Health, Alberta Health Services
Dr. Kathryn Koliaska, North Zone Lead

RE: Confirmed Influenza A Outbreak at Pleasant View Lodge, 2023-EI-1588

Influenza A has been lab-confirmed at Pleasant View Lodge, Spirit River, with an Outbreak declared as of November 21, 2023. This may result in residents, patients or staff presenting for assessment/treatment or provision of prophylaxis prescription.

Prescribing information: [Product Monograph Template - Standard] (rochecanada.com)

- **Tamiflu® prophylaxis** in asymptomatic adults with no renal impairment is 75 mg once daily, for 10 days or duration of the exposure (outbreak) whichever is longer.
- **Tamiflu® treatment** for symptomatic adults with no renal impairment is 75 mg twice daily for 5 days. Treatment should begin within 48 hours of the onset of illness for max benefit.
- Current Tamiflu® prescribing guidelines are available on Page 25 of the AHS Outbreak Management Guidelines available as a quick link at:

[Guidelines for Outbreak, Prevention, Control and Management in Long Term Care and Designated Supportive Living \(albertahealthservices.ca\)](https://albertahealthservices.ca/Guidelines%20for%20Outbreak,%20Prevention,%20Control%20and%20Management%20in%20Long%20Term%20Care%20and%20Designated%20Supportive%20Living)

Please consider influenza in your differential diagnosis for respiratory illness, including pneumonia, in any patient presenting with:

- acute onset of respiratory illness with fever and cough, AND
- one or more of: sore throat, joint pain, muscle aches, severe exhaustion.

Note: In children under age 5, gastrointestinal symptoms may also be present. In patients under age 5 or age 65 and older, fever may not be prominent.

Recommended actions for include:

- 1) Appropriate respiratory precautions/isolation - in ER, immediate mask, triage and isolation ASAP. Upon admission - at minimum contact and droplet precautions, if aerosol-generating procedure, require gown/glove/N95mask/eye protection.
- 2) Testing by NP swab - flock swab and Universal Transport Medium (UTM – pink) available from ProvLab. *Ensure correct transport medium, or samples cannot be processed.* Please add EI# 2023-1588 if case resides or works at Pleasant View Lodge.

If you have questions:

- 0800-1630h (daily including weekends and stat holidays) contact Communicable Disease Control, North Zone at 1-888-522-1919 or email CDOutbreak@albertahealthservices.ca indicating that you are inquiring about North Zone influenza outbreaks.
- After hours, contact North Zone Public Health on-call: 1-800-732-8981 who will consult with MOH on-call as necessary.

Thank you for your continued assistance and co-operation. Relevant outbreak management documents are posted on [MOH - North Zone | Alberta Health Services](#) for your reference.
