

## **Infection Control Precautions:**

*(Excerpt from California Department of Public Health **Recommendations for the Prevention and Control of Influenza California Long Term Care Facilities**, rev. Oct. 2016)*

- Once an outbreak has been identified, outbreak prevention and control measures should be implemented immediately.
- Implement Standard and Droplet Precautions for any resident with suspected or confirmed influenza for 7 days after illness onset or until 24 hours after the resolution of fever and respiratory symptoms, whichever is longer.
- Confine first symptomatic resident and exposed roommate(s) to their room, restrict them from group activities and serve meals in their rooms.
- If other residents become symptomatic, cancel group activities and serve all meals in resident rooms.
- If symptomatic resident is in a semi-private room, maintain a spatial separation of at least 3 feet between residents and draw a curtain between resident beds.
- If residents are ill on specific wards, do not move residents to other units.
- Limit new and returning residents during a suspected or confirmed outbreak.
- If admissions are necessary, ensure new or returning residents do not have acute respiratory illness or not transferring from a facility with an outbreak.
- Admit asymptomatic new or returning residents to unaffected units.
- Assign staff to work on only one unit, if possible. Restrict staff movement from areas of the facility having outbreaks to areas without symptomatic residents.
- Place a surgical mask on symptomatic residents during transport, if possible.
- Instruct residents to “cover their cough” or use tissues when coughing and sneezing.

- Assist residents with hand hygiene, especially before leaving and entering rooms and after contact with respiratory secretions and contaminated tissues.
- Communicate information with appropriate personnel before transferring symptomatic residents to other departments or facilities.
- Notify transporting personnel and receiving facility of a suspected or confirmed outbreak prior to transfer.
- Assess potential transfer for influenza vaccination history and symptoms of current respiratory symptoms.
- Perform hand hygiene:
  - Before and after resident contact.
  - If contact is made with potential infectious material or contaminated surfaces.
  - Before putting on and after removal of personal protective equipment, including gloves.
- Hand hygiene can be performed by:
  - Washing with soap and water.
  - Using alcohol-based hand rubs.
  - Soap and water if hands are soiled.
- Wear gown and gloves when providing direct care to a symptomatic resident or in contact with contaminated surfaces. Change gowns and gloves after each encounter with symptomatic resident and perform hand hygiene.
- Wear a surgical mask when entering a resident's room with suspected or confirmed influenza; remove and dispose of mask in a waste container when leaving the room.
- Consider allowing use of fitted N95 respirators based on HCP preference, for added protection.
- Administer influenza antiviral chemoprophylaxis and treatment to residents and/or HCP according to current recommendations, based on laboratory testing results.
- Initiate antiviral treatment as soon as possible for all residents with suspected or confirmed influenza. Treatment should not wait for results of influenza testing.

- Initiate antiviral chemoprophylaxis for all non-ill residents, prioritizing residents that live on the same unit or floor as an ill resident.
- Conduct daily active surveillance for ILI among residents, staff, and visitors to the facility until at least one week after the last confirmed influenza case occurred.
- Use routine cleaning and disinfecting strategies during influenza season. Focus on cleaning frequently touched surfaces in common areas and resident rooms. Special handling of soiled linens and dietary trays is not necessary.
- For full CDPH document, view:  
<https://www.cdph.ca.gov/Programs/CHCQ/HAI/CDPH%20Document%20Library/RecommendationsForThePreventionAndControlOfInfluenzaOct2016.pdf#search=influenza%20recommendations%20long%20term%20care%20facilities>
- For additional information, consult Guidelines and Recommendations: Prevention Strategies for Seasonal Influenza in Healthcare Settings  
<http://www.cdc.gov/flu/professionals/infectioncontrol/healthcaresettings.htm>