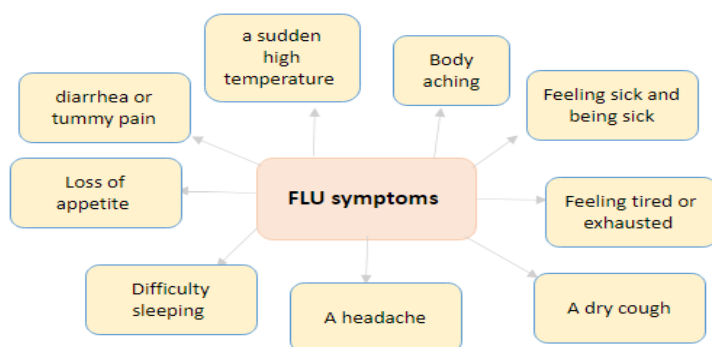
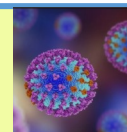


## Influenza (FLU) - Key Facts

- Acute viral infection of the respiratory tract.
- Influenza types A and B are responsible for most cases of clinical illness in the UK.
- In healthy people, seasonal influenza is usually a self-limiting condition, and recovery is typically within 2–7 days.
- In older people and those in specific clinical risk groups, seasonal influenza may be more likely to result in serious complications such as pneumonia, meningitis, encephalitis, and death.
- The average incubation period—the delay between infection and the appearance of symptoms of influenza—is 2 days (range 1 to 4 days)
- Transmission routes: Respiratory viruses are transmitted primarily via droplets produced in the coughs and sneezes of those infected with the virus, contact with droplet contaminated surfaces or through direct contact with an infected individual e.g. hand shaking
- Transmission can be reduced through standard infection control practices such as respiratory hygiene, hand washing with soap and warm water, and cleaning of surfaces.



- Seasonal influenza vaccination of care home residents and staff is extremely important in limiting the risk of an outbreak and reducing the risk of severe infection.
- An outbreak of influenza or other non-COVID-19 respiratory infection should not be declared over until a minimum of 5 days after the onset of symptoms in the latest case.

## Respiratory syncytial virus (RSV) - Key facts

- RSV is transmitted by large droplets produced in the coughs and sneezes from an infected individual
- The virus can survive on surfaces or objects for about 4 to 7 hours. The incubation period - the delay between infection and the appearance of symptoms - is 3 to 5 days.
- RSV infection causes symptoms similar to a cold, including rhinitis (runny nose, sneezing or nasal congestion), cough, and sometimes fever.
- Transmission can be reduced through standard infection control practices such as respiratory hygiene, hand washing with soap and warm water, and cleaning of surfaces.
- The very young (under 1 year of age) and the elderly are at the greatest risk.

### RSV Symptoms By Age



#### INFANTS / CHILDREN

- Bronchitis
- Pneumonia
- Irritable
- Fatigue
- Fever
- Cough
- Wheezing
- Difficulty breathing



#### ADULTS

- Typical cold symptoms
- Cough
- Runny nose
- Sore throat
- Fatigue
- Fever
- Decreased appetite



#### ELDERLY

- Dry cough
- Headache
- Fever
- Bronchitis
- Pneumonia
- Sore throat
- Aggravating pre-existing asthma or COPD

## COVID –19 Screening Key Facts

### Screening for Staff or service users who are eligible for COVID-19 treatments

Individuals who are eligible for COVID-19 treatments and who have symptoms of a respiratory infection should take an LFD test immediately.

- If the individual's test results are all negative, they can return to their normal activities **if they do not have** a temperature and they feel well enough to do so.
- Staff who test positive should stay away from work for a minimum of 5 days after the day they took the test.
- Care home residents should be supported to stay away from others for a minimum of 5 days after the day they took the test
- **Call 020 3196 3239 or email [NEL.CMDUReferral@nhs.net](mailto:NEL.CMDUReferral@nhs.net)** as soon as possible to see if you are eligible for treatment.

Symptoms of COVID-19, flu and common respiratory infections include:

- \* continuous cough
- \* high temperature, fever or chills
- \* loss of, or change in, your normal sense of taste or smell
- \* shortness of breath
- \* unexplained tiredness, lack of energy
- \* muscle aches or pains that are not due to exercise
- \* not wanting to eat or not feeling hungry
- \* headache that is unusual or longer lasting than usual
- \* sore throat, stuffy or runny nose
- \* diarrhoea, feeling sick or being sick

### Screening for Staff or service users who are not eligible for COVID-19 treatments

Individuals who are not eligible for COVID-19 treatments no longer need to test if they develop symptoms of a respiratory infection.

#### **Staff:**

- Staff who have symptoms of a respiratory infection and who have a high temperature or do not feel well enough to go to work are advised to stay at home and avoid contact with other people. These staff members do not need to take an LFD test if they are symptomatic.
- Managers should undertake a risk assessment before staff return to work in line with normal return to work processes.
- If these staff members receive a positive LFD test result for COVID-19, regardless of whether they have symptoms, they should stay away from work for a minimum of 5 days after the day they took the test.

#### **Care home Residents:**

- Care home residents who have symptoms of a respiratory infection and who have a high temperature or do not feel well enough to do their usual activities are advised to avoid contact with other people. They should be supported to stay away from others until they no longer have a high temperature or no longer feel unwell.
- These residents are not required to take an LFD test if they are symptomatic.

### Screening guidance for suspected/confirmed COVID-19 Outbreak

- If an Outbreak is suspected the care home/organisation should undertake a risk assessment as soon as possible to determine if there is an outbreak and if control measures are needed.
- To inform the risk assessment, **the first 5 linked symptomatic residents/staff** should be tested using LFD tests irrespective of their eligibility for treatments. This is to determine if there are 2 or more linked cases of COVID-19 or another respiratory infection. **After this, new cases do not require testing** unless they are [eligible for COVID-19 treatments](#),
- If residents/staff are displaying symptoms of a respiratory infection and the LFD tests from the first 5 suspected cases are negative, consider:
  - ◇ testing for other respiratory infections, such as flu
  - ◇ further clinical assessment of the symptoms, if the residents/staff remain unwell



IPC Team contact details

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**References :**

[Definition of influenza | Background information | Immunizations - seasonal influenza | CKS | NICE](#)

[Flu - NHS \(www.nhs.uk\)](http://www.nhs.uk)

[Guidelines for PHE Health Protection Teams on the management of outbreaks of influenza-like illness \(ILI\) in care homes \(publishing.service.gov.uk\)](#)

[COVID-19 supplement to the infection prevention and control resource for adult social care](#)