



What is the definition of a flu outbreak?

An outbreak of influenza (Flu)-like illness is when two or more people in the same Care Home (staff or residents) have similar flu like symptoms (*) within the same 48 hour period.

*These include a high fever (37.8 degrees or above), and ONE of the following: (i) acute onset of at least one of the following respiratory symptoms: cough (productive or non-productive), hoarseness, nasal discharge or congestion, shortness of breath, sore throat, wheezing, sneezing; OR (ii) an acute deterioration in physical or mental ability without other known cause).

Immediate actions to take if a flu outbreak occurs...

- If you have residents showing flu-like signs and symptoms contact your **resident's GP during practice hours** or **NHS 111 *6** (dial 111 and press *6) to seek senior clinical advice and guidance on how to manage the clinical care of all symptomatic residents within the home.
- Contact your **local Health Protection Team** once you have spoken to a GP to inform them about the suspected outbreak. Visit the website www.gov.uk for your Local Health Protection team contact details.
- If you have contacted your residents GP but your resident is starting to deteriorate before they arrive on-scene, contact **NHS 111 *6** (dial 111 and press *6) to speak to a GP or Senior Clinician for further advice.
- Create a list with the GP, of residents you suspect have flu like symptoms; send this information to your Local Health Protection Team. You will need to include the following information:
 - Names, dates of birth and NHS Numbers, highlight all residents who may require antiviral treatment;
 - Create an additional list of residents who potentially require an antiviral (e.g.: patients with chronic underlying conditions who have not received a flu vaccination this season).
- Send prescriptions for residents who require anti-virals to your Community Pharmacy. Give residents oral anti-virals as soon as possible, if required, under the guidance of the GP.
- Contact your **Local Authority** if you need additional support with staffing resources during an outbreak.
- Keep your bed capacity updated on www.carepulse.co.uk to ensure Commissioners, Local Authorities and Hospitals are able to view your current availability. If you are experiencing an outbreak please also include a status update.