

Care Home Staff General Respiratory (including influenza) or COVID-19 Outbreak Action Card

Definitions

GENERAL RESPIRATORY OUTBREAKS INCLUDING INFLUENZA

Two or more cases that meet the clinical case definition of Influenza Like Illness (ILI) or COVID-19, in people with an epidemiological link to the care home and onset dates within 14 days but without laboratory confirmation;

- Oral or tympanic temperature $\geq 37.8^{\circ}\text{C}$
AND one of the following:
 - acute onset of at least one of the following respiratory symptoms:
 - cough (with or without sputum)
 - hoarseness,
 - nasal discharge or congestion,
 - shortness of breath,
 - sore throat,
 - wheezing,
 - sneezing
- OR
- an acute deterioration in physical or mental ability without other known cause

In terms of Infection Prevention and Control, care homes with an acute respiratory outbreak should manage it as a COVID-19 outbreak until indicated otherwise by laboratory testing.

SUSPECTED OR CONFIRMED COVID-19 OUTBREAKS

SUSPECTED/POSSIBLE Case: continuous cough and/or high temperature and/or a loss of, or change in, normal sense of taste (ageusia) or smell (anosmia)

CONFIRMED Case: PCR or LFD test positive case of COVID-19 with or without symptoms

Resident Contact: Any resident that meets the following criteria:

- ✓ lives in the same unit or floor as a confirmed case (e.g. shares the same communal areas)
OR
- ✓ has had face-to-face contact (within one metre) of a confirmed case, including being coughed on, having a face-to-face conversation, or having skin-to-skin physical contact
OR
- ✓ has had any contact within one metre for one minute or longer with a confirmed case, without face-to-face contact
OR
- ✓ has spent more than 15 minutes within 2 metres of a confirmed case

Infectious Period: The infectious period is from 2 full days prior to symptom onset to 10 - 14 days afterwards, or 2 full days prior to test if case has no symptoms

Outbreak: At least one laboratory confirmed cases of COVID-19 AND one or more cases which meet the clinical case definition of COVID-19 among individuals (residents or staff) with an epidemiological link to the care home and with onset dates within 14 days.

Contact details
Health Protection Team (PHE)
NHS Testing Service

- PHE SW Health Protection Team Email: swhpt@phe.gov.uk
- PHE SW Health Protection Team Number: 0300 303 8162
- PHE SW Centre Out of Hours (after 5pm weekdays, all day weekends and bank holidays): 0344257 8195
- NHS Testing service: NHS 111 Online portal or call 119. Or visit <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested>

Actions for both general respiratory and COVID-19 outbreaks	Suspected or confirmed COVID-19 outbreak *additional actions*		
<p>Is it a new suspected outbreak?</p> <p>(First suspected case, or new case following more than 14 days since last outbreak)</p> <p>If so, you need to:</p> <p>➤ Notify the manager and the residents GPs</p> <p>Gather the following information:</p> <ul style="list-style-type: none"> • Number of symptomatic cases in residents/staff as well as how many residents/staff are currently living/working in the care home. • Onset date of first, second, and most recent case • Symptoms that the cases have had • Contact details for your care setting including email address that you can access • Which GP surgeries you residents are registered with. <p>➤ Notify PHE SW Health Protection Team (0300 303 8162). We will risk assess the situation with you, arrange swabbing/antivirals (in the case of influenza) and provide you with guidance on what to do next</p>	SUSPECTED Case	CONFIRMED Case	2 ≥ CONFIRMED Cases
	Residents who are suspected cases commence isolation for 14 days (day of onset =day 0). If the suspected case is a staff member – then they commence isolation for 10 days	Isolate resident for 14 days (day of onset =day 0). If the case is a staff member, then they isolate for 10 days Household contacts should isolate”	Isolate resident for 14 days (day of onset =day 0). If the cases are staff members – then they isolate for 10 days and the Household contacts should isolate”
	Symptomatic cases will require a PCR test. Household contacts should isolate”	All close contacts including household should isolate for 10 days (residents for 14 days)* and obtain a PCR test. Anyone developing symptoms should be tested again.	All close contacts including household should isolate for 10 days (residents for 14 days)* and obtain a PCR test. Anyone developing symptoms should be tested again.
	Clean/disinfect where possible with appropriate PPE. Await suspected case test results.	Clean/disinfect where possible with appropriate PPE. Continue until isolation periods end.	Clean/disinfect where possible with appropriate PPE. Continue until isolation periods end.
	If a person tests positive, follow CONFIRMED Case process. *If suspected case has a negative result, individual can return once well & contacts/household can stop isolating.	Case & contacts/household can stop isolating once isolation period is complete.	Inform Health Protection Team and call again if situation worsens, there are hospitalisations, deaths or complex cases, media interest or if you have any other concerns.
<p>*Close contacts who are double vaccinated may be exempt from self-isolation</p> <p>See Admission and care of residents in a care home during COVID-19 COVID-19: management of staff and exposed patients or residents in health and social care settings COVID-19: guidance for households with possible coronavirus infection</p>			

