

Outbreaks of influenza (flu) in care homes

Do 2 or more residents or staff have any of the following symptoms within 2 days (48 hours) of one another?



**Fever of
37.8°C
or above**



New onset or acute worsening of one or more of these symptoms:

- cough
- hoarseness
- runny nose or congestion
- shortness of breath
- sore throat
- wheezing
- sneezing
- chest pain
- loss or change of taste/smell



**Sudden
decline in
physical or
mental ability**

If so, you might have an **outbreak** of flu or another infection.



Isolate residents with symptoms, send staff with symptoms home.

Contact your Health Protection Team (HPT) or local infection control team/public health team (follow your local outbreak plan).

The HPT will advise you on:

1. Infection prevention and control, including isolation and cohorting of affected residents
2. Testing for flu, COVID-19 and other viruses
3. Antivirals for flu – these are most effective when started early.

Important:

**All residents and staff should be offered seasonal flu vaccination every year
Appropriate infection control measures should be maintained all year round**