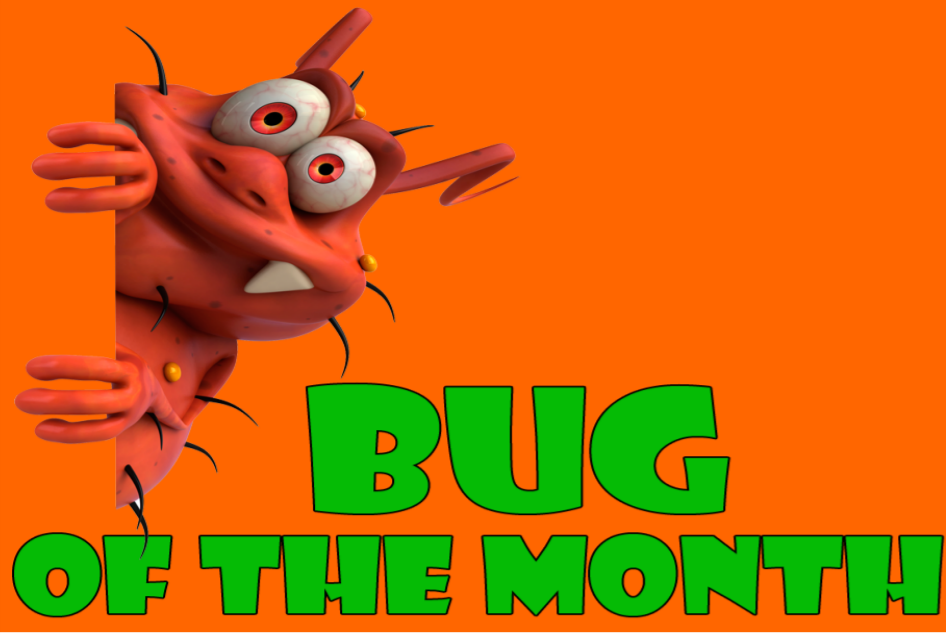


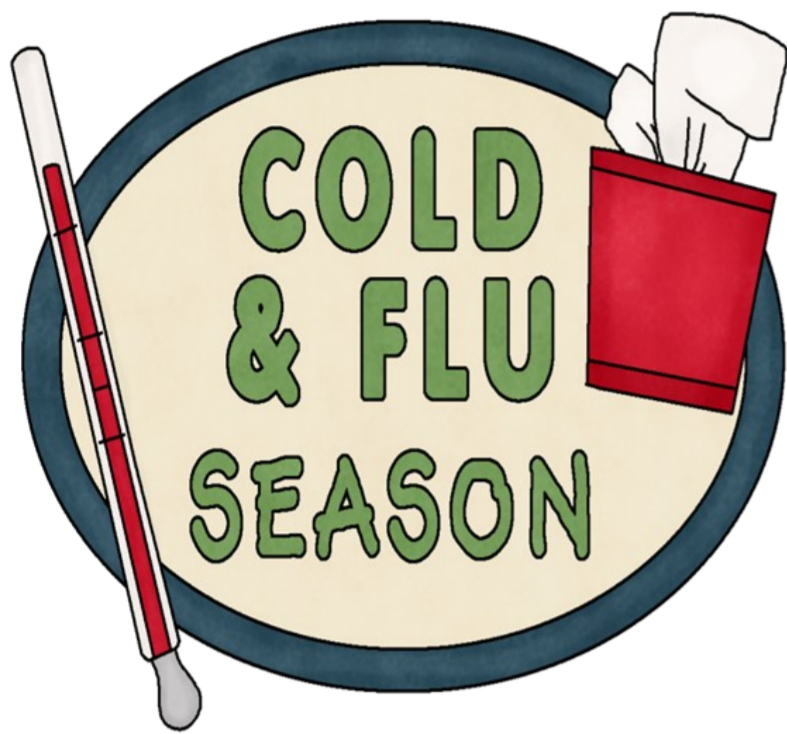
For Staff /Patient Education



Seasonal Influenza

January 2016

What is it?



- Influenza (flu) is a contagious respiratory illness caused by [influenza viruses](#). It can cause mild to severe illness.
- Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with [certain health conditions](#), are at high risk for serious flu complications.
- Case Finding & Surveillance: Influenza-like illness (ILI)* is defined as an individual with an acute respiratory infection with: measured fever of $\geq 38\text{ C}^\circ$ and cough; With onset within the last 10 days.
- A Confirmed case of influenza virus infection is defined as an individual with laboratory confirmed influenza virus infection by one or more of the following tests: real-time RT-PCR; viral culture; four-fold rise in influenza virus specific neutralizing antibodies.

How is it spread?

- Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby.
- Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

Where is it found?


- Humans are the only known reservoir of influenza types B and C. Influenza A viruses may infect both humans and animals. There is no chronic carrier state.

Prevention and Control?

- The best way to prevent the flu is by getting **vaccinated** each year.
- **Standard** and **droplet precautions** are recommended. Hand hygiene frequently, respiratory etiquette
- Place the patient in a single room (*a negative air pressure room is not indicated*) and place a **droplet precaution** sign on the door.
- When single rooms are not available, place patients with the same diagnosis together (*cohorting*). If this is not possible, place patient beds at **least 1.2 meters apart**.
- Limit patient's movement and transport to necessary purposes only. If transport is required, patients should **wear a surgical mask** to contain secretions; notify receiving department prior to transport; Ensure that healthcare workers (HCWs) who are transporting patients wear **appropriate PPE and perform hand hygiene** afterwards.
- Dedicate equipments to this patient or cleaning & disinfection of equipments every after use.
- For aerosol-generating procedures, staff should wear N95 mask and other PPEs; perform procedure in negative pressure room.
- **For home isolation** : STAY AT HOME at least 24 hours after fever is gone; AVOID CLOSE CONTACT WITH OTHERS. Limit your contact with others. Try to stay in one room of the house, as far away from others as possible; WASH YOUR HANDS as often as possible; COVER YOUR MOUTH AND NOSE when you cough or sneeze ; **CALL YOUR HEALTHCARE PROVIDER IF YOUR SYMPTOMS GET WORSE.**

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Source:

MOH-Saudi Arabia - Infection Prevention and Control Guidelines for Seasonal Influenza in Healthcare Setting, Nov 2015



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