



# Barry-Eaton District Health Department

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## Guidance for Use of Antivirals in Group Settings to Prevent and Control Influenza

### Background:

An increase in influenza outbreaks are being reported from long-term care facilities and other group settings in our area. The majority of hospitalizations due to influenza this season are among individuals over age 65 years. CDC recommends prompt antiviral treatment and antiviral prophylaxis to control influenza outbreaks in group settings, including long-term care facilities, assisted living facilities and adult foster care settings.

### Action steps:

- When influenza is suspected or confirmed in your facility, it is recommended that all residents and staff, *ill and non-ill*, regardless of vaccination status, should receive antiviral treatment and prophylaxis immediately, in consultation with the facility Medical Director.
- Because treatment should be started immediately, contact your medical director and your residents' physicians now to ensure that you will have prompt access to antivirals for your residents and your staff when influenza strikes your facility.

### Duration of Treatment or Prophylaxis with antivirals:

- Treatment: Recommended duration of antiviral treatment for an ill person is 5 days.
- Prophylaxis: For influenza illness in institutional settings, CDC recommends antiviral prophylaxis for a minimum of two (2) weeks, and continuing for up to 1 week after the last known case was identified. Administer prophylaxis to all exposed residents and staff, regardless of vaccination status.

### Consider the following additional measures to reduce influenza transmission among residents and staff:

- Have symptomatic residents stay in their own rooms as much as possible, including restricting them from common activities, and have their meals served in their rooms when possible.
- Limit the number of large group activities in the facility and consider serving all meals in resident rooms if possible when the outbreak is widespread (involving multiple units of the facility).
- Avoid new admission or transfers to wards with symptomatic residents.
- Limit visitation and exclude ill persons from visiting the facility via posted notices. Consider restricting visitation by children during community outbreaks of influenza.
- Monitor personnel absenteeism due to respiratory symptoms and exclude those with influenza-like symptoms from work until at least 24 hours after they no longer have a fever.
- Restrict personnel movement from areas of the facility having illness to areas not affected by the outbreak.
- Administer influenza vaccine to residents and staff.

As a reminder, all respiratory outbreaks, whether or not influenza has been confirmed, should be reported to the Barry-Eaton District Health Department at (517) 541-2654.

Additional guidance for managing influenza outbreaks in long-term care facilities is available online at <http://www.cdc.gov/flu/professionals/infectioncontrol/ltc-facility-guidance.htm>.

Regards,

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Medical Director