Flu and flu vaccine: a guide for care home managers and staff

2016-17
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## Resources

- ‘Care home workers, join in’ posters (English and Welsh) | 20-21 |
- ‘Key facts about flu for social care workers’ posters (English and Welsh) - from Beat Flu Campaign | 22-23 |
- Flu outbreak: information sheet for residents and carers – from Health Protection Team, Public Health Wales | 24 |
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- Poster for display to staff, residents and relatives – from Beat Flu Campaign | 26 |
Key facts about flu and flu vaccination in the care home setting

- Flu kills
- Care home residents are extremely vulnerable to complications of flu
- Flu is easily spread within care home settings, putting staff, residents and visitors at risk
- Flu vaccine is safe
- Flu vaccine is the single best way to protect against catching or spreading flu
- Vaccination of health and social care workers helps lower rates of flu-like illness, hospitalisation and death in the elderly
- Employers are responsible for ensuring arrangements are in place to vaccinate their care home and social care workers who have direct client contact
- Employers should actively promote the benefits of vaccination to front line workers by giving staff balanced and factually correct information, and by helping staff understand that if they refuse to be vaccinated they put themselves, their families and the people they care for at unnecessary risk
- Care home and social care staff have a duty of care to protect their clients / residents from infection
Introduction

Influenza (flu) is a very common infectious disease which can have serious consequences for vulnerable people.

Care home residents are extremely vulnerable to flu because:

- Residents are often elderly and frail
- Residents frequently have multiple underlying diseases/health conditions
- Care home staff infected with flu can spread it to colleagues and vulnerable residents – even when the staff member has few or no symptoms
- Flu spreads rapidly due to the close contact between residents and staff, and outbreaks of flu are seen in care home settings each year in Wales

During 2014, Public Health Wales asked you to share with us your experiences of flu and flu vaccination within care home settings all across Wales. Around a quarter (27%) of care homes in Wales responded to the postal questionnaire.

From the information you provided:

- Vaccination uptake was reported to be in the region of 75% in care home residents
- Vaccination uptake was reported to be around 10% in care home staff
- Recording of residents’ and staff’s vaccination status varies considerably, and many care homes could not give us accurate information about vaccine uptake
- There is considerable variation in the policies, practices and processes that care homes have for advising about, arranging and administering the flu vaccine

The Welsh Government target for vaccine uptake in frontline health care staff is 50%, and for people in high risk groups (including care home residents) is 75%.

This pack has been created following requests from care home managers to support you in increasing flu vaccination uptake among your staff and residents.
What is flu?

Flu is a highly infectious viral illness. The symptoms can appear very quickly and include:

- fever,
- chills,
- headache,
- myalgia (muscle pain),
- severe fatigue,
- often also cough, sore throat and stuffy nose

Complications can include sinusitis, bacterial chest infections and meningitis. They can be life threatening, especially in older people and people with certain underlying health conditions.

There are three main types of flu viruses (A, B and C) each of which have several different variations (called strains):

- **Type A** usually causes the more serious illness in people. The virus is most likely to change (mutate) into a new version, which people are not resistant to, leading to illness in very large numbers of people e.g. ‘swine flu’ strain.
- **Type B** generally causes a less severe illness and is responsible for smaller outbreaks. Type B mainly affects young children.
- **Type C** usually causes a mild illness similar to the common cold.

Most years, one or two strains of type A flu circulate, as well as type B.

How is flu spread?

Flu spreads rapidly, especially in closed communities such as care homes or hospitals.

The illness can be infectious from one day before to several days after symptoms start. This means that someone with flu may be contagious before they feel ill. Some individuals may not develop any symptoms (be asymptomatic) even though they are infected with flu virus, but they can still pass the infection on to other people.
Flu can be spread in several ways:

- **droplets** – contact with respiratory secretions that are released into the air when an infected person coughs or sneezes
- **direct contact** – through direct skin to skin contact with an infected person virus can be picked up on the hands and be transferred into a person’s nose, mouth or eyes
- **indirect contact** – flu virus can survive on surfaces in the environment for up to 24 hours: a healthy person can pick up the virus on their hands and transfer it to their nose, mouth or eyes
- **aerosol** – takes place when droplets are created and remain in the air. This can sometimes occur during medical procedures, such as intubation or chest physiotherapy. **NB: Nebulisers are not considered to generate aerosols.**

**How can flu be prevented?**

There are three main ways of preventing flu from spreading:

- Flu vaccination
- Antiviral medicines
- Good hygiene

**Flu vaccine**

Vaccination is safe and is the most effective way to protect from catching or spreading flu.

The flu vaccine used in adults contains three or four different types of flu virus (two A types and one/two B type). The viruses are deactivated (killed), and having the vaccine cannot give you flu illness.

In Wales, vaccination is recommended for groups of people who are at increased risk from severe flu infection or complications of flu (‘high risk groups’), as well as those at increased risk of transmitting flu to vulnerable people. As you can see from Table 1, flu vaccination is recommended for a wide range of people including all residents of care homes and all care home staff who have direct client/resident contact.
Table 1: People for whom flu vaccination is recommended (2016-17 season) includes:

<table>
<thead>
<tr>
<th>Category</th>
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<tbody>
<tr>
<td>People aged 65 years or over</td>
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<tr>
<td>Pregnant women</td>
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<tr>
<td>Health and social care workers (including care home staff) who have direct patient / client / resident contact</td>
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<tr>
<td>Volunteer social care workers</td>
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<tr>
<td>People (of any age) living in a residential or nursing home (or similar care setting)</td>
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<tr>
<td>Carers</td>
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<tr>
<td>Children aged 2 and 3 (age on 31st August 2016);</td>
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<tr>
<td>Children in reception class, year 1, 2 and 3 in primary school</td>
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<tr>
<td>People aged between 6 months and 65 years of age who have one/more long term health problems such as:</td>
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<tr>
<td>- lung disease</td>
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<tr>
<td>- heart disease</td>
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<tr>
<td>- kidney disease</td>
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<tr>
<td>- liver disease</td>
</tr>
<tr>
<td>- neurological disease (such as motor neurone disease, Parkinson's disease or multiple sclerosis)</td>
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<tr>
<td>- a weakened immune system</td>
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<tr>
<td>- diabetes</td>
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<tr>
<td>Adults with a Body Mass Index (BMI) of 40 or above</td>
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</table>
The antibodies that provide protection against flu will gradually decrease over time and the flu strains can change from year to year meaning that your body may not be able to effectively fight off the flu strain and you can develop flu illness again. An annual flu vaccination is required to ensure the best protection against the latest strain of the virus.

Antiviral medication
Flu is caused by a virus, not a bacterium, and that’s why antibiotics do not help. There are medicines called antivirals that are sometimes used to treat flu. Most people who catch flu do not need antiviral medication. People who are otherwise fit and well can usually treat themselves by resting, keeping warm, drinking plenty of water (to avoid dehydration) and taking paracetamol or anti-inflammatory medication (to lower temperature and relieve aches). Staff who have flu should stay away from work.

Some groups of people – particularly older people, those with underlying medical problems and pregnant women - are more likely to develop complications if they catch flu. General practitioners may prescribe antiviral medication for people who are in a 'high risk group' (see box) and medical assistance should be sought at an early stage.

Antivirals work by stopping the virus from multiplying in your body. They will not cure flu but will help to reduce the length of illness (by around one day), relieve some of the symptoms and reduce the potential for serious complications.

If there is an outbreak of flu in a care home, antiviral medication may be offered to residents and staff who have been in contact with someone with flu. This may be done even if the staff member or resident is not in a high risk group.

Antibiotics cannot treat or cure flu. They can be used to treat some of the complications of flu, such as secondary pneumonia.

High-risk groups
- people aged 65 years or over
- pregnant women
- people with one/more long term health problems such as:
  - lung disease
  - heart disease
  - kidney disease
  - liver disease
  - neurological disease (such as motor neurone disease, Parkinson’s disease or multiple sclerosis)
  - a weakened immune system
  - diabetes
  - Morbidly obese (BMI of 40 or above)

Good hygiene
Preventing the spread of germs through good infection prevention and control procedures is a good way to slow the spread of flu. Always:

- make sure you wash your hands regularly with soap and water
- make sure thorough environmental and equipment cleaning/decontamination schedules are in place and followed at all times
V1a

- thoroughly and frequently clean often touched surfaces (like grab rails, nurse call bells, light switches, telephones and door handles) to reduce the numbers of germs in the environment
- ensure cough/sneeze etiquette is followed amongst staff and residents i.e. cover your mouth and nose when you cough or sneeze, and put used tissues in a bin as soon as possible

Symptomatic staff should be excluded from work until they have recovered, and symptomatic residents should be isolated and cared for within their room until recovered

Detailed information has been produced by Public Health Wales, and can be found in:

The importance of flu vaccine for staff and residents in care homes

Flu immunisation is effective in preventing disease in working-age adults, and is recommended for all care home and social care workers with direct patient/client contact. It is the single best way to protect against catching or spreading flu.

The immunisation of staff protects care home and social care workers themselves, their colleagues, their families and also their clients/residents.

Flu immunisation is particularly important for staff in care homes that look after older people, as these are a group who are very vulnerable to severe complications of flu.

Care home residents are eligible for free flu vaccination from the NHS because they are considered to be at high risk from flu. Residents are eligible because they live in a care home setting – an environment in which there is considerable close contact with many other people which can lead to flu spreading easily. Many residents will also be aged 65 or over and/or have underlying medical conditions which independently increase their risk from flu.
infection and severe complications. All care home residents should be offered flu vaccine – to protect themselves, their fellow residents and staff.

**Responsibilities of employers**

During 2013-14, a survey of care homes in Wales indicated that 75% of their residents had received an influenza vaccine but only 10% of staff had been vaccinated. Over three quarters of those care homes who responded to the survey could only provide an estimate of the number of staff who had received vaccination during the flu season as documented records were not available. Similarly, over one quarter of care homes could only estimate vaccine uptake among residents. Fewer than one of every four of these care homes in Wales had a staff vaccination policy in place.

- It is the employers’ responsibility to put arrangements in place for staff vaccinations
- It is the employers’ responsibility to pay for the vaccination of staff against flu
- Staff should not be directed to seek flu immunisation from their General Practitioner because it is outside the remit of General Medical Services (GMS). It is the employers’ responsibility to provide advice about vaccination, as well as to arrange and pay for the administration of vaccinations required to protect against occupational exposure.

**Common barriers to increasing vaccination among care home staff and residents, and suggested solutions**

During the 2013-14 survey of flu vaccination uptake among care home staff and residents in Wales, several barriers perceived to have a negative impact on flu vaccination uptake were identified by care home managers. Here we have listed the main barriers identified and suggested some solutions that are currently in use by other care homes, or that have been found to help improve vaccine uptake elsewhere.

If you choose to implement any of the suggested solutions, the logistics and processes required will vary greatly and depend on multiple factors such as

- care home size
- geographical location of the care home
- current primary care arrangements for your residents
- working relationships between care home, primary care and health board colleagues
- whether you manage a single independent care home or are part of a large collaboration/group
# Vaccination of residents

<table>
<thead>
<tr>
<th>Reported barriers</th>
<th>Suggested solutions</th>
</tr>
</thead>
</table>
| Limited policies in place within care home setting for immunisation of residents against flu | All care homes should have a written flu immunisation policy in place for residents, which is known and understood by all care home staff, residents and (where appropriate) residents’ next of kin.  
Residents should be provided with information, and encouraged / supported to have flu immunisation. See Useful Resources section on page 24 |
| Limited availability of documentation of residents’ flu immunisation status within the care home setting | Immunisation status of residents should be clearly recorded within their care home notes and within their primary care records.  
This will assist you to be able to identify those who are not protected against flu e.g. for a targeted approach to increasing immunisation uptake.  
This will also assist primary care services and Public Health Wales should cases of flu or an outbreak occur within your care home setting. |
| Poor communication between primary care and the care home                            | Having a named individual responsible for flu vaccination within the care home can lead to improved communications between the home and primary care services.  
Consideration should be given to close working and/or shared responsibility with primary care colleagues for advising, arranging and delivering flu vaccination to care home residents. |
| Difficulty in obtaining general practice appointments for residents                  | Vaccination of residents within the care home setting can result in a more co-ordinated approach, and an increase in numbers of residents who receive their annual flu vaccine. |
| Resident unwell on the day vaccination occurred / resident admitted to care home after vaccination day | Care homes should make provision, in collaboration with colleagues in primary care, to provide ‘catch up’ vaccination sessions for residents who were unwell or unable to be vaccinated on the day of the initial flu vaccination session, and for those residents who moved into the home after that date. |
| Vaccine given late in season                                                        | Consideration should be given to close working and/or shared responsibility with primary care colleagues for advising, arranging and delivering flu vaccination to residents before the start of, or early in, the flu season. |
| Limited information regarding flu vaccination available in care home setting.        | Care homes must ensure that accurate and up-to-date information is available to residents (many such resources are contained within this document), and that staff have sufficient knowledge to answer queries relating to flu vaccination. |
| Difficulties in obtaining informed                                                   | Consent procedures should be simplified wherever                                                                                                                      |
consent from residents and where necessary their next of kin should be provided with the necessary information and support regarding the benefits of obtaining flu vaccination to enable them to make an informed decision.

**Vaccination of staff**

**Advice on vaccination not provided to staff**

All care homes should have written policies and procedures for the provision of advice about vaccines and the administration of flu vaccine (and other occupational health vaccinations) to all staff who have direct resident / client contact.

You can find information about flu and the flu vaccine from Public Health Wales online at: [http://www.wales.nhs.uk/sitesplus/888/page/74714](http://www.wales.nhs.uk/sitesplus/888/page/74714)

Public Health Wales have developed FluOne (social) an on-line learning module about flu specifically for care home and social care staff. It is only 10 minutes long, and available at: [www.wales.nhs.uk/immslearning](http://www.wales.nhs.uk/immslearning)

If you have any difficulties accessing the e-learning module, contact: [Phw.immslearning@wales.nhs.uk](mailto:Phw.immslearning@wales.nhs.uk)

**Flu vaccination not offered or encouraged to staff with direct resident contact.**

It is the employers’ responsibility to provide advice, arrange and pay for the occupational vaccinations required by staff members (including flu vaccine).

Having a named individual responsible for flu vaccination within the care home is considered beneficial in ensuring all staff are offered flu vaccination.

**Staff having to independently fund their own flu vaccination.**

It is the employers’ responsibility to facilitate and pay for the occupational vaccinations required by staff members (including flu vaccine).

**Accessibility of vaccine – care home staff are busy people often juggling shift-work and family commitments.**

Multiple and varied options for accessing the vaccine should be explored.

Examples may include provision of vaccine during working hours on the care home premises by trained care home staff, or allowing staff time to go to a local pharmacy to be vaccinated (and reimbursed).

**Insufficient knowledge regarding flu and flu vaccination among health, social care and care home professionals.**

Care homes must ensure accurate and up-to-date information is available for staff (many such resources are contained within this document), and that staff have sufficient knowledge to answer residents’ queries relating to flu vaccination. Care home staff should have access to adequate training through their health board. Please contact your health board Immunisation Co-ordinator for further details of local courses for immunisers.

**Flu immunisation training not undertaken by staff.**

Public Health Wales have developed an on-line learning module FluOne (social), it is about flu and aimed specifically for care home and social care staff.
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<table>
<thead>
<tr>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is available at:</td>
<td><a href="http://www.wales.nhs.uk/immslearning">www.wales.nhs.uk/immslearning</a></td>
</tr>
<tr>
<td>If you have any difficulties accessing the e-learning module, contact:</td>
<td><a href="mailto:Phw.immslearning@wales.nhs.uk">Phw.immslearning@wales.nhs.uk</a></td>
</tr>
<tr>
<td>General lack of understanding that flu vaccine is safe to be given to</td>
<td>To provide education and information to all staff groups to ensure that they are fully aware of the benefits of vaccine and the potential life threatening consequences to both mother and child of influenza.</td>
</tr>
<tr>
<td>pregnant staff members</td>
<td>Encourage all staff to complete FluOne (social)</td>
</tr>
<tr>
<td>Insufficient records kept by care homes on flu / flu immunisation training</td>
<td>Care homes should record both the training undertaken by staff, and the training needs of staff. Maintaining up-to-date records will make it easier for care home managers to identify which staff members require training, or updates, at any given point in time.</td>
</tr>
<tr>
<td>undertaken by staff.</td>
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</tr>
<tr>
<td>Immunisation status of staff not recorded by care home</td>
<td>All care homes must record the flu vaccination status of staff. This is important for the protection of staff and residents during the management of cases / outbreaks, and in order that information about flu and flu vaccine can be provided to those staff members who have not received vaccine.</td>
</tr>
<tr>
<td>Relationships between care homes and health boards require improvement</td>
<td>Links between health boards and care homes should be strengthened to ensure adequate educational resources and support are available to care home staff</td>
</tr>
</tbody>
</table>

**Vaccination of staff and residents**

<table>
<thead>
<tr>
<th>Description</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Care home nurses not able to vaccinate</td>
<td>Care home staff should have access to adequate training and competency assessments through their relevant health board. Please contact your health board Immunisation Coordinator for advice and for further details of local courses for immunisers.</td>
</tr>
<tr>
<td>Recording of all vaccinations provided to residents and staff is essential</td>
<td>All vaccinations must be recorded not only in residents’ care home notes / staff member’s file but also in their medical notes held by the relevant General Practice. There must be a system in place to ensure that information is passed to GPs in order for them to upload it onto their electronic patient record system.</td>
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<tr>
<td>to evaluate the effectiveness of the campaign, and for management of</td>
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<tr>
<td>cases / outbreaks of flu.</td>
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In the near future, you are likely to be asked about your staff and residents’ vaccination status routinely during CSSIW audits of care homes, and also health protection teams during outbreaks. You may wish to take a pro-active approach to put in place processes to systematically collect and document vaccination status within your care home in advance of this information being required.
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Displaying vaccine uptake among staff and residents

With this document, we also e-mailed you an Excel file called “Flu Vaccine Update Chart - V2.xlsx”.

This excel spreadsheet can help you, your staff and residents see what percentage of staff and residents have been vaccinated at a particular time. There are two separate charts: one for residents and one for staff.

Try using them before the flu season starts, and then at intervals throughout the flu season so you can keep track on how your vaccine uptake rate is improving - and make extra efforts if it is not. Displaying the chart in the staff room or on the residents’ notice board might help motivate more people to be vaccinated. It is also another way of showing your residents and their families how you work to maintain residents’ health and wellbeing.

What to do if staff or residents in your care home get flu

- Symptomatic staff should be excluded from work until recovered

- Symptomatic residents should be cared for in their own room until recovered and should have minimal contact with other residents e.g. have their meals in their own room rather than in the dining room

- Older people and people with underlying medical problems are more likely to develop complications. If you think one of your residents has flu, contact the General Practitioner at an early stage. The GP can make an assessment, diagnose if it is flu (or something different), and if appropriate prescribe antiviral medication for the patient.

- Ensure good infection prevention and control procedures are practiced in order to prevent spread of flu to other people
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**What is considered an outbreak of flu in a care home?**

Symptoms of influenza are a temperature of 37.8°C or more, **PLUS** new onset, or acute worsening of one or more of the following symptoms:

- cough
- nasal discharge or congestion
- shortness of breath
- sore throat
- wheezing
- hoarseness
- chest pain

If you have **2 OR MORE** cases demonstrating the symptoms listed above arising within the same 48 hour period **OR 3 OR MORE** cases within same 72 hour period who are in the same area of the care home, you may have an outbreak of flu and you should contact your local Health Protection Team:

- North Wales: 01352 803234
- South East Wales: 0300 00 300 32
- Gwent: 01495 332219
- Mid & West Wales: 01792 607387

**Outbreak Management**

It is important to recognise potential flu outbreaks promptly. Care home staff should ensure timely and appropriate control measures are implemented to prevent further cases. Staff must be aware of signs of flu infection within both the residents and themselves, and the need to report these signs immediately to senior management staff when they occur.

Flu can spread readily to other residents, members of staff and visitors resulting in outbreaks. Care homes should have a clear and concise written outbreak plan appropriate to the services provided, detailing the actions to be taken in the event of an outbreak.

Care home management must communicate details regarding the outbreak to a variety of people:

- CSSIW
- GPs of symptomatic residents for medical review
- Local Health Protection Team (HPT) for advice
- Residents
- Residents’ families and visitors (advise on visiting and other control measures may be necessary)
- Other care providers, if a resident is admitted to hospital or transferred
V1a

- Infection Control Teams at health boards if hospitalisation of residents during outbreak occurs.

**Outbreak Actions**

Effective communication of the outbreak needs to be made to **all** staff including, where relevant, agency staff and contractors outlining some of the key actions that may be necessary during an outbreak:

- Reinforce hand and respiratory hygiene messages for residents staff and visitors
- Appropriate isolation of symptomatic residents until recovered
- Enhanced cleaning schedules
- Enhanced observation to identify suspected new cases and if confirmed, implement necessary control measures
- Exclude affected staff from work until recovered
- Close care home to new admissions
- Postpone day care visits and outside trips
- Delay re-admission of a resident following discharge/transfer from hospital if they have not had flu
- Restrict visitors
- Postpone visits from non essential outside service providers e.g. hairdresser, podiatrist, etc

When discussing a possible outbreak with the Health Protection Team, we will ask you to provide us with a great deal of information. The ‘Outbreak Record Form’ on the following page will help you gather together the information we need.
## Outbreak Record Form

<table>
<thead>
<tr>
<th>Resident/Staff Name</th>
<th>DOB</th>
<th>Date of onset of symptoms</th>
<th>Date recovered</th>
<th>Symptoms</th>
<th>Vaccinated Y/N</th>
<th>Date notified to HPT</th>
<th>Assessed by GP</th>
<th>Anti-virals prescribed Y/N</th>
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The care home manager should ensure clear written outbreak documentation is maintained including case listings, details, onset date, symptoms, outbreak measures in place, and further actions required. This record should be kept centrally for staff to access in the absence of the manager. Additionally, the type of infection and how it was managed should be detailed in affected residents’ individual notes.

During an outbreak of flu, care home management should also have a range of printed advice available for care staff, residents, and visitors, in a language that they understand taking into account any cultural or language barriers, so that everyone is fully informed of the situation.

An outbreak of flu is likely to have resource implications for a care home. These may include the need for extra staff and the increased use of disposable items or laundry, it is advisable that directions on how to manage such issues is contained within the care home’s outbreak plan.

In some circumstances, it may be necessary to close the home to new admissions or visitors as a temporary measure. This will be on the advice of the local HPT.
## Managing outbreaks of flu in a care home

### Infection Control Measures

<table>
<thead>
<tr>
<th>Infection Control Measures</th>
<th>Do residents or staff have the following symptoms</th>
<th>Infection Control Measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wash hands thoroughly with soap and water before and after patient contact</td>
<td>Temperature of 37.8 C or more PLUS new onset or acute worsening of one or more respiratory symptoms: cough; nasal discharge or congestion; shortness of breath; sore throat; wheezing; hoarseness; chest pain? YES</td>
<td>If possible symptomatic residents should be isolated until fully recovered and at least 5 days from onset of illness. If this is not possible group all residents with suspected flu together</td>
</tr>
<tr>
<td>Residents and Visitors should be encouraged to wash their hands</td>
<td>If you have <strong>2 OR MORE</strong> cases arising within the same 48 hour period <strong>OR 3 OR MORE</strong> cases within same 72 hour period who are in the same area of the care home</td>
<td>Staff should work with either symptomatic or asymptomatic residents (but not both) for the duration of the outbreak</td>
</tr>
<tr>
<td>If an individual is unable to wash hands with soap and water then conveniently located dispensers of alcohol-based hand rub should be available</td>
<td><strong>YOU MAY HAVE AN OUTBREAK OF INFLUENZA (FLU)</strong></td>
<td>Visitor access to the home should be kept to a minimum, children and adults vulnerable to infection should be discouraged from visiting during the outbreak</td>
</tr>
<tr>
<td>Provide tissues and no touch receptacles for tissue disposal to residents and visitors who are coughing/sneezing</td>
<td><strong>PLEASE TAKE THE FOLLOWING ACTIONS IMMEDIATELY</strong></td>
<td>Discourage any new admissions during the outbreak</td>
</tr>
<tr>
<td>Staff to wear appropriate PPE (single use aprons and gloves) when dealing with affected residents</td>
<td>Contact the GP and inform them that you have residents who have flu like illness. If flu is suspected testing, treatment and prophylaxis will be implemented immediately by GP in accordance with national guidance. Swabs are recommended to be taken for the first 3 residents/staff that develop recent symptoms of influenza like illness. A dry throat swab is recommended (red top)</td>
<td>Pre existing residents due to be discharged from hospital should be discussed with the Health Protection Team on an individual basis. Please discuss the use of fluid repellent surgical masks with your local Health Protection Team</td>
</tr>
<tr>
<td>Refer to Infection Prevention and Control in Care Homes All Wales Guidance for further information.</td>
<td>Inform your local Health Protection Team who will be able to provide information and advice on management of the outbreak. South East Wales 02920 402478 Gwent 01495 332219 Mid &amp; West Wales 01792 607387 North Wales 01352 803234</td>
<td>Further suspected cases should be reported to the GP and Health Protection Team</td>
</tr>
<tr>
<td>Environmental cleaning measures e.g. increase frequency of environmental cleaning paying particular attention to items frequently touched e.g. door handles, grab rails, light switches etc</td>
<td>Post notices instructing staff and visitors if they have flu like illness they should not visit the home for at least 5 days from onset of symptoms</td>
<td>NB Residents who have been admitted to hospital with flu symptoms and are fit for discharge can be readmitted back to the care home</td>
</tr>
</tbody>
</table>

**NB** Residents who have been admitted to hospital with flu symptoms and are fit for discharge can be readmitted back to the care home.
1. Flu kills
For vulnerable people, such as care home residents, flu can lead to severe complications and even death. The flu virus can spread rapidly in closed environments such as care home settings.

2. Flu vaccine is safe
Seasonal flu vaccine is given to millions of people in the UK each year. Vaccines are thoroughly tested and are safe.

3. The vaccine can’t give you flu
It is impossible to get flu from the flu jab because the vaccine doesn’t contain live viruses.

4. Care home staff have a duty to protect their residents
You can pass the virus on to others without having symptoms yourself. Without getting a flu jab, you might be risking other people’s lives.

5. You need a flu jab every year
Immunity declines over time and circulating strains of flu change frequently. You need a jab each year to best protect yourself, your family and care home residents.

6. Pregnant women should be vaccinated
Having a flu jab during pregnancy will help protect the woman and unborn child. It will also protect the baby from flu in the first months of life.
1. Mae’r ffliw yn lladd
I bobl sy’n agored i niwed, yn cynnwys preswylywyr cartrefi gofal, gall ffliw arwain at gymhlethddau dífri fol a marwolaeth. Gall y ffrws ffliw lledu’n gyflym mewn amgychiadau cyfyng fel cartrefi gofal.

2. Mae’r brechlyn ffliw yn diogel
Rhoddir brechlyn y ffliw i filynau o bobl yn y DU bob blwyddyn. Profwyd y frechlyn yn dryliwr, ac mae’n diogel.

3. Ni all y brechlyn roi’r ffliw i chi
Mae’n amhosibl dal ffliw drwy gael brechlyn gan nad yw’r pigiad yn cynnwys feirysau byw.

4. Mae gan weithwyr cartrefi gofal gyfrifoldeb i amddiffyn eu preswylywyr
Gallwch trosglwyddo’r feirws i eraill heb ddangos unrhyw symptomau, Wrth beidio gael y freechlyn gallwch bod yn peryglu bywydau pobl eraill.

5. Mae angen brechlyn bob blwyddyn
Mae imiwedd yn dirywio drow amser ac mae’r mathau o ffliw sydd ar lefyn newid yn amli. Mae angen brechlad blwnyddol i sicrhau y diogelwch gorau i chi, ei chwmg a’ch preswylwyr.

6. Dylai merched beichiog gael eu brechu
Bydd cael brechlyn yn ystod beichlogwydd yn amddiffyn y ferch a’i baban yn y groth. Bydd y brechlyn hefyd yn amddiffyn y babl yn ystod misoedd cynraf bywyd.
Key facts about flu for social care workers

Reasons to have your flu vaccine:
To protect you, your family and your clients

- Influenza (flu) immunisation is recommended for all health and social care staff with direct client contact
- Flu is caused by a virus and spreads quickly in closed environments such as long stay units and care homes
- High uptake of flu immunisation amongst staff can reduce the number of clients who get influenza like illness
- Flu outbreaks can affect clients and staff
- Health and social care staff can infect patients
- People die from flu
- Some winters there is a serious shortage of critical care beds across Wales due to the burden of flu like illness
- It is important health and social care workers are immunised every year as protection from the vaccine fades, and each year it is changed to best match circulating virus strains
- The flu vaccine is very safe
- The flu vaccination cannot give you the flu
- If you are employed as a social care worker, your employer is responsible for your flu vaccination

Beat Flu... before it beats you

For more information about flu and the flu vaccine visit
www.publichealthwales.org/flu/vaccineandsocialcareworkers
To learn more about flu and get a study certificate
www.wales.nhs.uk/immslearning

Protect yourself and others this winter
Get your flu vaccine
Ffeithiau allweddol ynglŷn â’r ffliw ar gyfer gweithwyr gofal cymdeithasol

Rhesymau dros gael eich brechlyn ffliw:

- Cymeradwyir yr imiwneiddiad ffliw i holl staff lechyd a gofal cymdeithasol sydd â chyswllt unlonyrchol a chleientiaid
- Fe achosir y ffliw gan fiswrs ac maen lledaenu’n gyflwyn mewn amgylcheddau caeaddig fel unedau arhosiad hir a chartrefi gofal
- Pe byddai nifer fawr o staff yn derbyn imiwneiddiad ffliw gallai hynny leihau nifer y cleientiaid sy’n cael salwch sydd fel y ffliw
- Gall achosion o’r ffliw effeithio ar gleientiaid a staff
- Gall staff lechyd a gofal cymdeithasol heintio clefion
- Bydd pobl yn marw o’r ffliw
- Bydd yna brinder difrifol o welyau gofal critigoled Cymru mewn rhai gaeafau oherwydd bwrn salwch sydd fel y ffliw
- Mae’n bwysig bod gweithwyr lechyd a gofal cymdeithasol yn cael eu hiniwneid dlo bob blwyddyn wrth i amdeiffniad gan y brechtyn bylu, a bydd yn cael ei newid bob blwyddyn i gydweddu orau a rhywogaethau fiswrs sy’n cyrchredeg
- Mae brechlyn y ffliw yn ddigol iawn
- Ni all brechyd y ffliw ro’i ffliw i chi
- Os ydych yn cael eich cyfflog fel gweithiwr gofal cymdeithasol, eich cyflogwyr sy’n gyfrifol am eich brechu rhag y ffliw

Curwch Ffliw...

Cyn iddo gywru chi

Diogelwch eich hun ac eraill y gaeaf hwn

Gofalwch gael eich brechlyn ffliw

I gael mwy o wybodaeth am y ffliw a brechlyn y ffliw echw i

www.lechyd.cymru.org/brechlyn-ffliw-o-gweithiwr-gofal-cymdeithasol

I ddilyn, mwy am y ffliw ac i gael tystynnol, gwneud hyn ei wyl i ddim bydau 10 manu ar

www.lechyd.cymru.org/brechlyn-ffliw-o-gweithiwr-gofal-cymdeithasol

Iechyd Cymru

Public Health

Wales
**Flu Outbreak: Information leaflet for Residents and Carers**

**What is a flu (influenza) outbreak?**

Flu-like illness affects many people during the winter months. Two or more cases of flu–like illness occurring within 48 hours in residents or staff from the same care home indicate that an outbreak of influenza is possible.

**Precautionary measures for homes with a possible flu outbreak**

If care home staff suspect an outbreak, they will ensure that measures are in place to reduce the risk of spread to other residents. They may also advise restrictions on staff and resident movements.

The local Health Protection Team will be supporting them in ensuring:

- Adequate control measures are taken to prevent the spread of infection
- Affected residents or staff receive appropriate treatment
- Residents, staff and carers receive appropriate and timely information on the measures being taken

**What are the specific measures that staff can take?**

- Wash hands frequently with soap and water and dry thoroughly
- Provide alcohol based hand gels throughout the home
- Ensure frequent cleaning of the care home environments
- Ensure that supplies for hand washing are available where sinks are located
- Provide tissues and systems for disposal of tissues to residents and visitors who are coughing and/or sneezing
- Maintain appropriate infection control precautions while dealing with affected patients e.g. gloves, single use apron

**How can residents and carers help?**

**Residents with flu symptoms should:**

- Avoid using common areas
- Cover their mouth and nose with a tissue when coughing or sneezing

**Visitors should:**

- Comply with visiting restrictions implemented within the home
- Wash their hands thoroughly on entry to/leaving the home
- Not attend care home whilst unwell
- Support the home by adhering to other restrictions which may be needed

If you require any further assistance please contact your local health protection team:

- South East Wales: 0300 00 300 32
- Gwent: 01495 332219
- Mid & West Wales: 01792 607387
- North Wales: 01352 803234
Useful Resources

Beat Flu Campaign provides information, leaflets, videos and weblinks:
http://www.beatflu.org/

There are specific pages for social care and care home staff at:
(English) - http://www.wales.nhs.uk/sitesplus/888/page/74714
(Welsh) - http://www.wales.nhs.uk/sitesplus/888/tudalen/74943

Guidance on the Management of Influenza Outbreaks in Care Homes.
Public Health Wales. 2014. Available at:


NHS Direct Flu Quiz
http://www.nhsdirect.wales.nhs.uk/doityourself/fluquiz/

Welsh Government produce leaflets and posters that may be helpful for staff, residents and next of kin:

- General flu leaflet
- Children’s flu leaflet
- General flu poster
- Catch it, bin it, kill it, poster

Please email hplibrary@wales.nhs.uk or phone 0845 606 4050 if you would like to order these leaflets or posters.

You can also view and download copies of the leaflets from NHS Direct Wales at http://www.nhsdirect.wales.nhs.uk/doityourself/vaccinations/Leaflets?locale=en
Mae'r ffliw yn achosi salwch difrifol achannoedd o farwolaethau yng Nghymru bob gaeaf.

Os ydych chi'n dioddef o fathau arbennig o salwch cronig, yn 65 oed neu'n hyn neu'n feichiog, rydych chi mewn perygl.

Dylech gysylltu â'ch meddyg teulu i gael pigiad ffliw rhad ac am ddim.

I gael mwy o fanylion am y grwpiau sydd mewn perygl, ewch i:
www.cymru.gov.uk/imiwneiddio

Flu - PROTECT YOURSELF AND OTHERS

Flu causes serious illness and hundreds of deaths in Wales every winter.

If you suffer from certain chronic illnesses, are 65 or over, or are pregnant you are at risk.

You should contact your GP for your free flu jab.

For more details of at risk groups go to:
www.wales.gov.uk/immunisation