

## Respiratory Virus Outbreak Highlights Sheet

This document provides guidance related to respiratory virus management outside of COVID-19. For COVID-19 specific guidance, please refer to the Shared Health, [Provincial COVID-19 resources for health-care providers and staff website](#)

<b>Contact IP&amp;C</b>	For any cases presenting with respiratory illness
<b>Transmission (Droplet/Contact)</b>	<ul style="list-style-type: none"> <li>Person-to-person transmission through large respiratory droplets when infected persons cough/sneeze</li> <li>Direct or indirect contact with respiratory secretions (e.g., touching surfaces contaminated with influenza virus and then touching the eyes, nose or mouth)</li> <li>Individuals with asymptomatic infection can also transmit virus to susceptible individuals</li> </ul>
<b>Signs &amp; Symptoms</b>	<ul style="list-style-type: none"> <li>Persons less than 5 years or greater than 65 years of age or immune compromised may not present with a fever</li> </ul> <p><b>Fever/chills    Cough    Sore throat    Headache/eye pain    Exhaustion</b></p> <p><b>Muscle pain    Joint pain    Body aches    Malaise/loss of appetite    Stuffy/runny nose</b></p> <p><b>Extreme weakness/fatigue</b></p>
<b>INFECTION PREVENTION &amp; CONTROL MEASURES</b>	
<b>Cough etiquette</b>	<ul style="list-style-type: none"> <li>Instruct the case to cover his/her cough</li> <li>Ask case to don a procedure mask until appropriate room placement established</li> <li>Implement Droplet/Contact Precautions immediately</li> </ul>
<b>Additional Precautions &amp; Personal Protective Equipment (PPE)</b>	<ul style="list-style-type: none"> <li>Droplet/Contact Precautions required</li> <li>Post sign on door/curtain of the room/bed space</li> <li>Provide PPE as per signage: gloves, gowns, procedure masks, eye protection.</li> <li>Dedicated equipment; if unable to clean and disinfect between use</li> </ul>
<b>Accommodation</b>	<ul style="list-style-type: none"> <li>Place case in a private room; no special air handling/ventilation necessary</li> <li>If a private room is unavailable, <b>appropriately cohort cases. Consult site ICP/designate</b></li> </ul>
<b>Testing</b>	<ul style="list-style-type: none"> <li>Collect <b>nasopharyngeal (NP) swabs</b> for viral detection using a flocced swab <ul style="list-style-type: none"> <li>Viral transport media has a short expiry date; order supply accordingly</li> </ul> </li> </ul>
<b>Transport of Cases</b>	<ul style="list-style-type: none"> <li>Notify Transport Services &amp; the receiving department regarding need for Droplet/Contact Precautions <i>in advance</i> of the transport/procedure</li> <li>Case should perform hand hygiene and don procedure mask, assist as required</li> <li>Staff should perform hand hygiene and don PPE (gown, gloves, mask, eye protection)</li> </ul>
<b>Discontinuation of Droplet/Contact Precautions</b>	<ul style="list-style-type: none"> <li>Consult ICP/designate prior to discontinuing precautions</li> <li>Discontinue precautions for suspected or confirmed cases based on <b>resolution of respiratory symptoms (non-ventilated) and/or clinical improvement (ventilated) for 48 hours and NOT based on duration of treatment or negative results</b></li> <li>Chronic respiratory symptoms and/or a post-viral cough do not require maintenance of precautions</li> <li>If the NP swab result is negative, <b>DO NOT immediately discontinue precautions</b> if the case continues to have symptoms of a febrile respiratory illness</li> </ul>
<b>Signs of Clinical Improvement</b>	<ul style="list-style-type: none"> <li>Signs of <b>clinical improvement</b> in the <b>non-ventilated case</b> could include: decreased cough; decreased sputum production; improved oxygen saturation</li> <li>Signs of <b>clinical improvement</b> in the <b>ventilated case</b> could include: discontinuation of mechanical ventilation (i.e., ventilator); afebrile; decreased respiratory secretions; improved respiratory pressures (clinical judgment of Attending Physician/Respiratory Therapist)</li> </ul>
<b>Visitor Management</b>	<ul style="list-style-type: none"> <li>Educate visitors regarding hand hygiene, respiratory hygiene, and use of PPE</li> <li>Encourage visitors to perform hand hygiene on entry and exit to care areas</li> <li>Advise visitors with symptoms of a respiratory infection to stay home (exceptions may be considered in extenuating circumstances; staff to contact ICP/designate)</li> </ul>