

# Sheffield Out-of-Season Influenza Outbreak Protocol for Care Homes

December 2021

**Start here**

Care Home identifies 2 or more residents showing influenza-like symptoms\*. Pending diagnosis Care Home should

- Support patient,
- Contact GP/clinician and
- Inform UKHSA
- Manage it as a COVID-19 outbreak until indicated otherwise by laboratory testing/COVID ruled out

Patient support pending GP/clinician assessment

**Rest, keep warm, fluids (water) & paracetamol** (dose adjustment in <50kg – [see link](#))

**Isolate residents and implement infection control measures as per PHE Poster 'Guidance on outbreaks of influenza (flu) in care homes'**

**Continue to wear PPE as per National Covid Guidance**

\* The PHE influenza-like illness (ILI) case definition for use in care homes is as follows:

(i) Oral or tympanic temperature  $\geq 37.8^{\circ}\text{C}$  AND one of the following:  
acute onset of at least one of the following acute respiratory (AR) symptoms: cough (with or without sputum), hoarseness, nasal discharge or congestion, shortness of breath, sore throat, wheezing, sneezing

OR

(ii) an acute deterioration in physical or mental ability without other known cause.

See [PHE guidelines on the management of outbreaks of influenza-like illness \(ILI\) in care homes](#) for more information

**Influenza confirmed**

Care home and attending clinician to prepare a resident list for either treatment or prophylactic antivirals\*\*

**During Core Hours**  
Resident's GP (or LCS GP) undertakes all residents' assessments and signs PSD.

**Outside Core Hours**  
OOH GP service, commissioned under additional funding arrangements to visit Care Homes, undertake all residents' assessments and sign PSDs

Pharmacy at Rotherham NHS FT will supply out-of-season anti-viral medication.

They should be contacted via switchboard (Tel: 01709 820000)

Delivery will be direct to the Care Home by Taxi

UKHSA issues a 'Flu Letter' and supports care home as required

UKHSA declares that a locally contained outbreak has occurred

UKHSA work with GPs to advise on treatment and prophylaxis\*\*

**\*\*Antiviral prescribing guidance**  
First line treatment is oseltamivir in most cases, but individual patient factors and/or the likelihood of oseltamivir resistance determine treatment choices – see the following page for more information

Treatment and prophylaxis must be initiated as soon as possible, ideally within 48 hours for oseltamivir – see following page for more information.

## Prescribing Guidelines for Attending Clinician

### Choice of antiviral

Some influenza subtypes are associated with a greater risk of developing oseltamivir resistance. See [UKHSA Guidance on use of antiviral agents for the treatment and prophylaxis of seasonal influenza](#) for more detailed information.

**The risk of resistance is greatest in people who are severely immunosuppressed.**

- First line treatment in patients not severely immunocompromised is normally oseltamivir.
- First line antivirals in severely immunosuppressed individuals should take account of the subtype of influenza causing infection, or if not yet known, the dominant strain of influenza that is circulating during the current influenza season.

### Antiviral medication

#### Standard doses\*

##### Oseltamivir (Tamiflu®) capsules

**Treatment** – 75mg TWICE DAILY for 5 days

Treatment should be started as soon as possible, ideally within 48 hours of onset. After this time (up to 5 days), use is off-label and clinical judgement should be exercised.

**Prophylaxis** – 75mg DAILY for 10 days

Therapy should be started as soon as possible and within 48 hours of last exposure.

##### Zanamivir (Relenza®) inhalation powder

**Treatment** – 10mg inhaled TWICE DAILY for 5 days

Treatment should be started as soon as possible, within 48 hours after onset of symptoms for adults (36 hours after onset of symptoms for children)

**Prophylaxis** – 10mg inhaled DAILY for 10 days

Therapy should be started as soon as possible and within 36 hours of last exposure

#### \*Important factors to consider when determining the dose:

- Age
  - oseltamivir: in children under 13 years, dose is determined by patient weight
  - zanamivir: not licensed in children under 5 years
- Weight (adult patients)
  - oseltamivir: if less than 40kg a dose reduction will be required
  - zanamivir (inh): unaffected
- Renal function
  - oseltamivir: if CrCl is less than 60ml/min a dose reduction will be required
  - zanamivir (inh): unaffected

See [UKHSA Guidance on use of antiviral agents for the treatment and prophylaxis of seasonal influenza](#) and individual medicine [summary of product characteristics \(SPC\)](#) for more detailed information.