



INFLUENZA

Influenza(flu)is an acute viral infection of the respiratory tract. It is highly infectious with an incubation period of one to three days. Spread by droplets, or contact with infected person.

Protect your residents from catching the flu by ensuring they all have the flu vaccine.



Symptoms
fever, chills, headache, dry cough, sore throat, stuffy nose, aching muscles, extreme tiredness. Sudden decline in physical or mental ability

Most cases of flu in the UK occur during an 8 to 10 week period during the winter usually starting early November.

Staff should be offered the vaccine to protect themselves, their residents and their families.

Flu vaccine
Protects against the three main circulating viruses. Should be given in September to November. The immune response following flu vaccination takes about two weeks to develop fully.

Care of resident with flu
Isolate in their room for at least 5 days after start of symptoms.
Keep warm
Plenty of fluids.
Tissues and safe disposal of.
Take daily temperature.
Paracetamol to reduce fever.
Ask GP to review – may need antiviral medication.
Good handwashing.
Standard infection control precautions.

If 2 or more with symptoms contact the infection control nurses on 01744 457 314



Possible complications of flu.
Bronchitis
Pneumonia
Worsening of existing medical conditions e.g asthma, diabetes.
Meningitis
Encephalitis,

CATCH IT 
Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

BIN IT 
Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.

KILL IT 
Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

