

RECOGNISING POTENTIAL INFLUENZA AND COVID-19 OUTBREAKS

Quick Reference Guide

Early recognition of influenza-like illness (ILI) and acute respiratory infection (ARI) ensures a rapid and effective outbreak response

	Influenza-like-illness (ILI)	Novel Coronavirus (COVID-19)
Case definition	<p>Sudden onset of symptoms</p> <p>AND at least one of the following respiratory symptoms:</p> <ul style="list-style-type: none"> • Cough (new or worsening) • Shortness of breath • Sore throat <p>AND at least one of the following four systemic symptoms:</p> <ul style="list-style-type: none"> • Fever or feverishness • Headache • Myalgia • Malaise 	<p>Suspected case: A person who meets the following clinical AND epidemiological criteria:</p> <p>Clinical criteria: Fever ($\geq 37.5^{\circ}\text{C}$) or history of fever (e.g. night sweats, chills) OR acute respiratory infection (ARI) (e.g. cough, shortness of breath, sore throat) OR loss of smell or loss of taste</p> <p>Epidemiological criteria (which is not limited to) but includes:</p> <ul style="list-style-type: none"> • Healthcare or RACF workers and staff with direct patient contact
Outbreak definition	<p>Confirmed influenza outbreak:</p> <p>Three (3) or more epidemiologically linked cases of ILI in residents or staff of a RACF within 3 days (72 hours)</p> <p>PLUS</p> <ul style="list-style-type: none"> • At least one case having a positive laboratory test OR • At least two cases having a positive point-of-care test <p>Potential influenza outbreak:</p> <p>Three (3) or more cases of ILI in residents or staff of a RACF within 3 days (72 hrs)</p>	<p>Confirmed COVID-19 outbreak:</p> <p>A COVID-19 outbreak is defined as a single confirmed case of COVID-19 in a resident, staff member or frequent attendee of a RACF</p> <p>This definition does not include a single case in an infrequent visitor of the facility.</p> <p>This definition provides guidance and MNPHU will assist the RACF in deciding whether to declare an outbreak.</p>

Preparing for early recognition of influenza and COVID-19 outbreaks

- Ensure staff know the clinical criteria to recognise ILI and ARI
- Commence heightened ILI and ARI surveillance for residents and staff from April to October
 - Implement a process for staff to monitor and report ILI and ARI
 - Identify staff who will have daily responsibility for monitoring whether reported cases meet outbreak definitions

Actions to take when an outbreak definition is met

- Isolate resident cases and exclude staff cases from the facility
- Activate your facility's Influenza Outbreak Management Plan
- Notify Metro North Public Health Unit (MNPHU) within 24 hours
 - Mon–Fri 8:30am–5.00pm **ph: 3624 1111**
 - After hours **ph: 3646 1699** (on-call Public Health Physician)

For clinical support and advice:

Contact Residential Aged Care District Assessment and Referral Service (RADAR): **1300 072 327** (9.00am–5.30pm, 7 days a week)

For further information, please refer to the national guidelines for the prevention, control and public health management of [influenza](#) and [COVID-19](#) outbreaks in residential care facilities.