

Respiratory Outbreak

Is This A Respiratory Outbreak?

An outbreak is two or more sick residents and/or staff with the same symptoms or lab results within 7 days for COVID 19. The time frame for most other respiratory illnesses is 72 hours.

Report two or more ill residents and/or staff with the same symptom profile or lab results such as flu, RSV, COVID-19, etc. to Marion County Health & Human Services (MCHHS).

- How many residents and/or staff are ill?
- How many total residents live in the facility?
- How many total staff work in the facility?

- When did symptoms begin?
- What symptoms are present?
- Has COVID-19 testing been done?
- Percentage of staff & residents who received a flu shot this season.
- Percentage of staff & residents who received a COVID-19 shot this season.

What to Know When You Call

Who Do I Call?

Marion County Health & Human Services
503-588-5621



Timely communication with Marion County Health & Human Service may shorten duration of outbreak



Keep Influenza and COVID-19 Under Control



Influenza is spread by respiratory droplets from coughing and sneezing. Infected people can spread illness for up to 7 days after becoming ill.

COVID-19 is also spread by respiratory droplets. Infected people generally can spread illness from 1-2 days before symptoms start and 2-3 days after.¹ People who were hospitalized or severely immunocompromised can spread their illness for a longer period.¹

Prevention is Key!

The CDC recommends that people get vaccinated annually against influenza and stay up to date with COVID-19 vaccines.^{2,3}



Influenza/COVID symptoms to watch for:

fever or chills, headache, tiredness, cough, sore throat, runny or stuffy nose, body aches, vomiting and/or diarrhea.¹

Additional symptoms to watch for with COVID-19:

shortness of breath and/or new loss of taste or smell.¹

Reduce transmission by ¹⁻⁵:

- Thorough and frequent hand washing
- Covering coughs and sneezes
- Getting vaccinated
- Wearing appropriate protective equipment when caring for ill patients
- Keeping ill residents in a private room (or cohorting ill residents)
- Asking ill residents to wear a surgical mask if they must be transported through communal areas
- Improving ventilation
- Keep sick and well residents separated by cancelling group activities and communal meals



Prophylaxis Plan

Be Ready Before The Flu Hits!

Having a plan for prophylaxis prescription and distribution to residents can help prevent transmission and decrease the impact of the flu season.

Prevention:
encourage all
employees and
residents to
get vaccinated



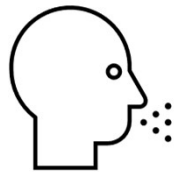
In the event of an outbreak,
antivirals should be given to all
symptomatic residents within 48
hours

Because of the time-
sensitive nature of
this intervention,
MCHHS recommends
having a plan to
provide antivirals for
each resident before
an outbreak begins



NOTICE!

We are currently experiencing cases of respiratory illness in our facility.



We are working with Marion County Health & Human Services to contain and control this contagious illness.



We are limiting visitors at this time. Please do not visit unless you are feeling well, or you have been symptom-free for at least 24 hours.



Gastrointestinal (GI) Outbreak

Is This a GI Outbreak?

A GI outbreak is two or more ill residents and/or staff with the same symptom profile and/or positive test results within a short time of each other. Please call with any questions.

Report two or more ill residents and/or staff with the same symptom profile and/or positive test results such as norovirus, salmonella, etc. to Marion County Health & Human Services.

- How many residents are ill?
- How many residents live in the facility?
- How many staff members are ill?
- How many total staff work in the facility?
- When did GI symptoms begin?
- What symptoms are present?

What to Know When You Call

Who Do I Call?

Marion County Health & Human Services
503-588-5621



Timely communication with Marion County Health & Human Services may shorten duration of an outbreak



Keep Norovirus Under Control



Norovirus is spread through contact with infectious persons, their vomit and/or diarrhea, contaminated surfaces, and water or food they have contaminated.⁶ It is very infectious. You can spread it to others when you have symptoms and during the first few days after feeling better. Some people can spread it for longer.⁶

EPA Recommended Cleaners

You can find the complete list of EPA Recommended Disinfectants here: <https://www.epa.gov/pesticide-registration/selected-epa-registered-disinfectants>



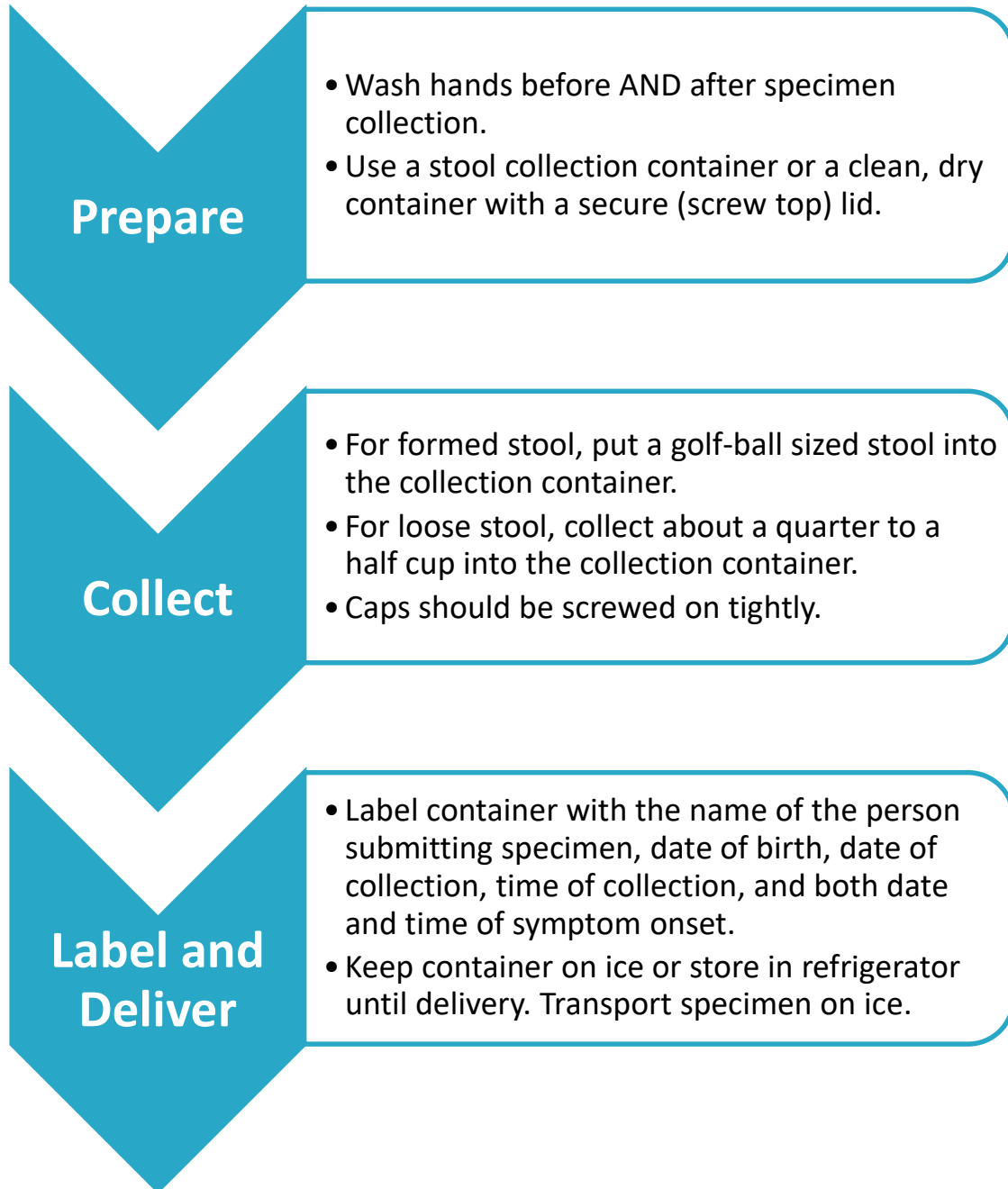
What Can You Do?

Reduce transmission by:

- Thorough and frequent hand washing with soap and water
- Keep ill employees home until symptom free for 48 hours
- Clean contaminated surfaces with **EPA-recommended cleaners**
- Immediately wash soiled bed linens and clothing
- Keep sick and well residents separated by cancelling group activities and communal meals



Stool Specimen Collection



Specimens should be submitted through facility provider or the individual's primary care provider unless otherwise specified by MCHHS



Marion County
OREGON

NOTICE!

We are currently experiencing cases of gastrointestinal illness in our facility.



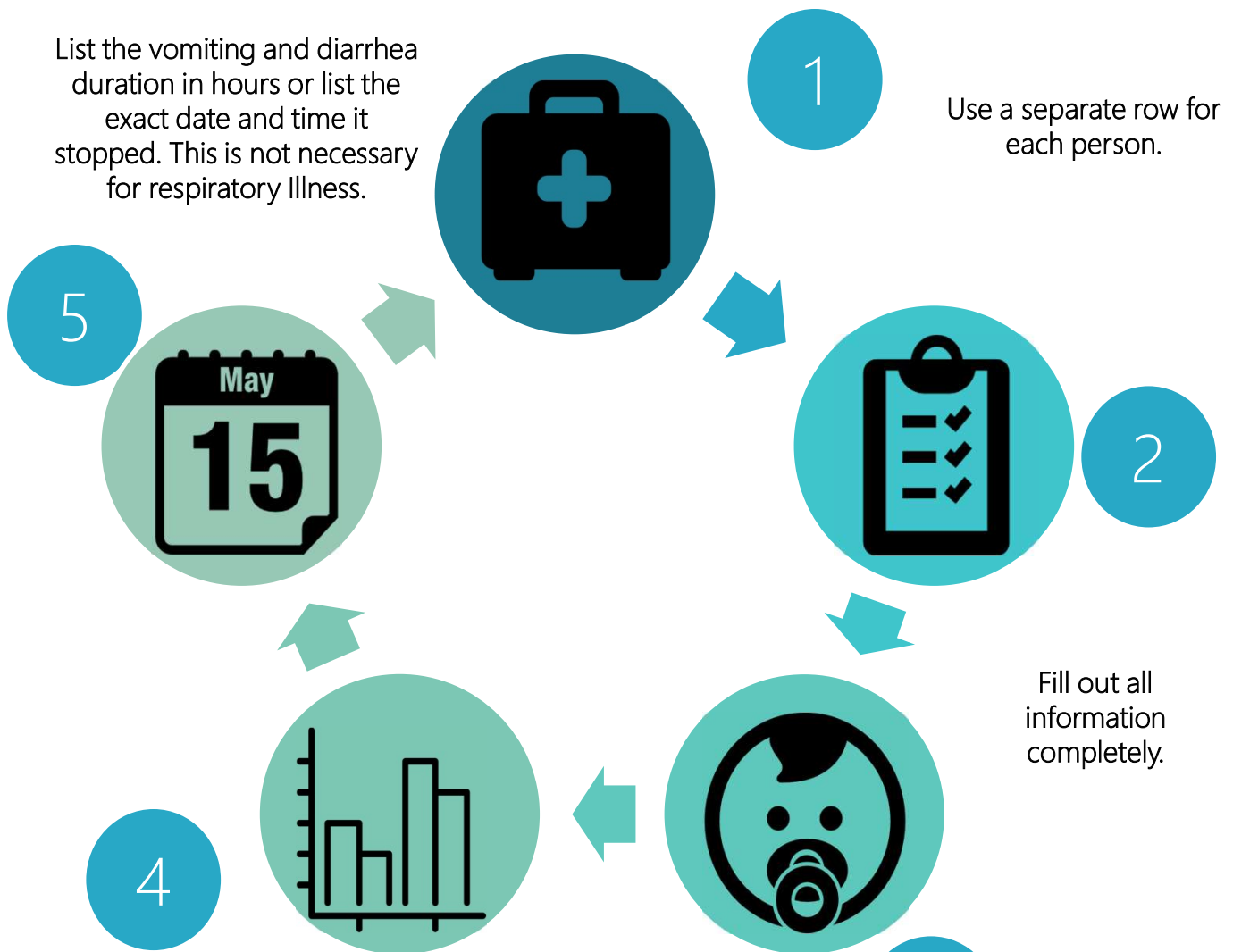
We are working with Marion County Health & Human Services to contain and control this contagious illness.



We are limiting visitors at this time, please do not visit unless you are well or have been symptom-free for 48 hours.



Filling Out The Case Log



List the vomiting and diarrhea duration in hours or list the exact date and time it stopped. This is not necessary for respiratory illness.

Use a separate row for each person.

It is very important to accurately list the date and the time of the onset of vomiting/diarrhea, whichever started first. Time is not necessary for respiratory illness, but please include the date.

Please give the complete name with age. Birth dates are needed for those (resident or staff) who submit stool specimens to the health department. This is useful for respiratory illness as well if they have been to their provider, ED or Urgent Care.

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Icons by: flaticon.com

Citations

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6. How norovirus spreads. Centers for Disease Control and Prevention. May 10, 2023. Accessed July 14, 2023.
<https://www.cdc.gov/norovirus/about/transmission.html>.