



Say No to Infection Action Card

For: **Influenza / Respiratory Infection**

Name of resident/service user: _____ Date commenced: _____

Room/Floor: _____ Isolate resident if appropriate and safe to do so. If not, please document the reason why in the residents' notes.

Is this an outbreak? If you notice **2** or more residents meeting the following criteria within **2** days (48hrs) you may have an outbreak.

If the resident is displaying any of the following symptoms, new onset or acute worsening of cough, runny nose or congestion, sore throat, hoarseness, shortness of breath, wheezing, chest pain **AND** a fever above 37.8 c **OR** a sudden decline in physical or mental ability please follow the non-COVID 19 pathway. [Flu - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Please ensure that COVID 19 has been ruled out? If positive, please follow [COVID-19 supplement to the infection prevention and control resource for adult social care - GOV.UK \(www.gov.uk\)](#) and IPC measures as below. NB: only LFD test the first 5 individuals, plus any immunocompromised/high risk residents. [COVID-19: guidance for people whose immune system means they are at higher risk - GOV.UK \(www.gov.uk\)](#)

If an outbreak has been declared, (2 or more cases, COVID negative, please follow the non-COVID 19 pathway and the following IPC measures below.

Allocate personal toilet facilities

Additional resources

[People with symptoms of a respiratory infection including COVID-19 - GOV.UK \(www.gov.uk\)](#)

Outbreak Measures to be implemented	Date & Signature						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Hand washing facilities including liquid soap and a supply of paper hand towels are available for staff to use immediately before and after a care episode.							
Ensure a supply of PPE (Gloves, visors, aprons, and masks) are available for staff use when in contact with respiratory secretions i.e., blood or body fluids.							
Provide disposable tissues for the resident to use. Educate the resident on good respiratory hygiene. Remember 'catch it, bin it, kill it' – tissues should be promptly disposed of into the nearest waste bin or a paper bag and then emptied into the clinical waste.							
The resident should be encouraged to wash their hands after coughing, sneezing, and using tissues.							
Encourage fluids and record the resident's fluid intake on a fluid balance chart.							
Any equipment and frequently touched areas (such as door handles, bed rails etc.) are on an increased cleaning schedule in addition to normal day to day cleaning.							
If the residents condition deteriorates then staff should be aware of the process to escalate using the Coventry @ Warwickshire deteriorating pack.							
Isolation period for residents with influenza, respiratory illness & COVID 19 should be for a minimum of 5 days after the onset of symptoms and until feeling well.							

For further information on Influenza please refer to [The green book](#)

