Influenza & Source Control in Nursing Homes

Weekly Wednesday Webinar

September 4, 2024

Quality Insights | QIN–QIO
Quality Innovation Network - Quality Improvement Organizations
CENTERS FOR MEDICARE & MEDICAID SERVICES
iQUALITY IMPROVEMENT & INNOVATION GROUP

Influenza Season 2024-2025

Heather Hoffman

Vaccine Program Manager

August 2024

West Virginia Department of
HEALTH

Influenza

West Virginia Department of HEALTH

Fast Flu Facts

-While Influenza (Flu) virus can be detected year-round it is most typical during the fall and winter (respiratory season)

-Most often Flu begins in October and peaks between December and February

-During Flu season many other respiratory illnesses spread that mimic the Flu such as Rhinovirus, Respiratory Syncytial Virus (RSV), COVID, Pneumonia, etc.

-Depending on individuals climate and geographic location will determine when respiratory season will "begin"

-Annually the average percent of Flu diagnosis in the U.S. is between 3-11%

-Persons are most contagious within the first 3 days of infection

Flu Facts

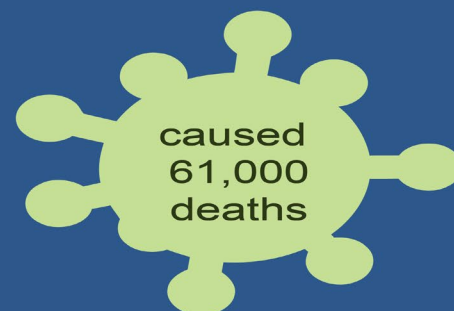Flu activity peak months in the U.S. from the 1982-1983 through 2021-2022 flu seasons*
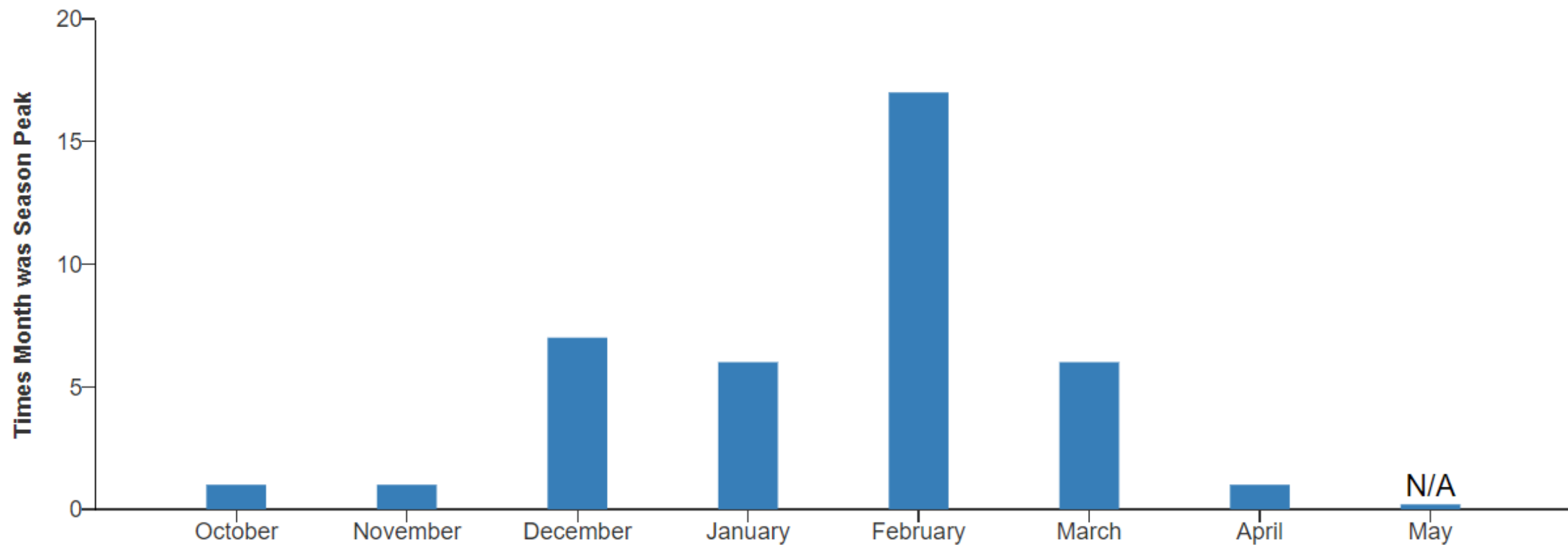
* There was no discernible peak in activity during the 2020-2021 season due to the uncharacteristically low level of influenza virus circulation that season.
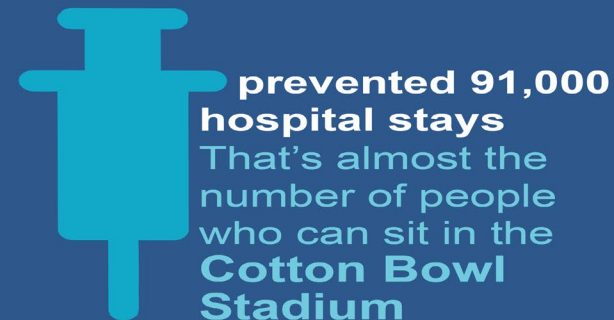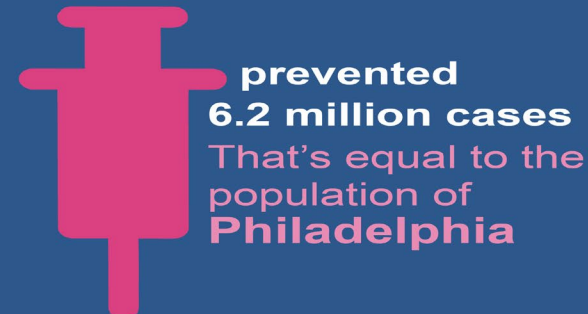
West Virginia Department of HEALTH

FLU FACTS FOR PEOPLE WITH CHRONIC CONDITIONS

People with cardiovascular disease who get sick with the flu are:

~6-10X MORE LIKELY TO SUFFER A HEART ATTACK
within the first 3-7 days after getting the flu

~8X MORE LIKELY TO SUFFER A FIRST STROKE
in the first 3 days after getting the flu

People with diabetes who get sick with the flu have:

3X THE RISK OF **HOSPITALIZATION** | **4X** THE RISK OF **ICU ADMISSION** | **2X** THE RISK OF **DEATH**

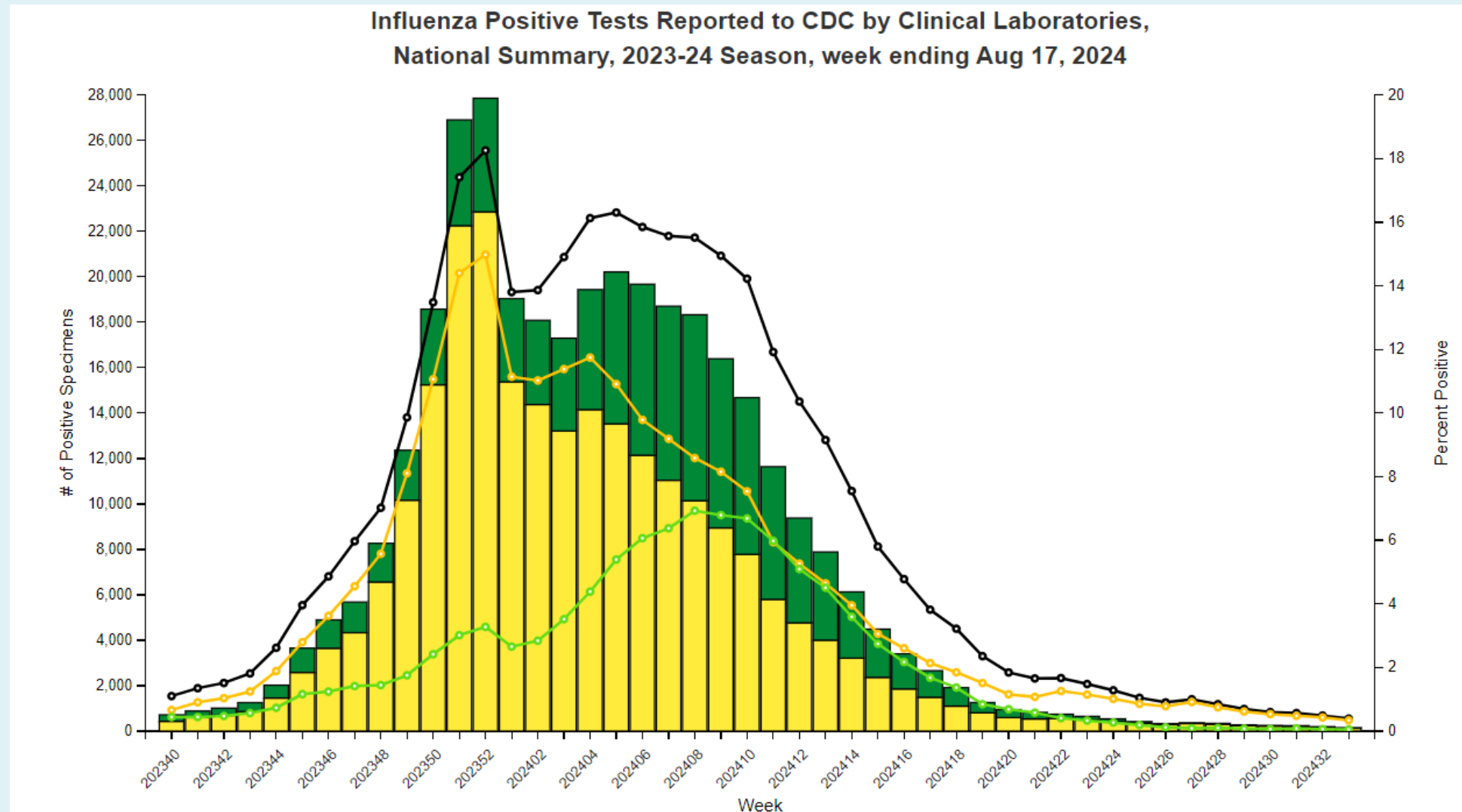People with lung disease who get sick with the flu risk:

ASTHMA ATTACKS | **COPD FLARE-UPS** | **PNEUMONIA**

If you have flu symptoms, get tested. Your provider may prescribe antivirals to treat the illness. Prompt treatment is especially important for people with chronic conditions who have a higher risk of flu complications.

FluView

The CDC has a live interactive tool that monitors current flu data nationally called FluView.

Influenza Positive Tests Reported to CDC by Clinical Laboratories, National Summary, 2023-24 Season, week ending Aug 17, 2024

https://www.cdc.gov/flu/weekly/index.htm

FLUVIEW
A Weekly Influenza Surveillance Report Prepared by the Influenza Division

Prevention

- Social Distancing

-Covering coughs and sneezes

-Frequent hand washing

-Maintain clean/ fresh air flow

Seasonal Flu Vaccine

A **FLU** VACCINE CAN TAKE **FLU** FROM

WILD

TO

mild

#FIGHT FLU

CDC

West Virginia Department of **HEALTH**

Research has shown that individuals are more like to vaccinate if they receive advice from those they personally trust and not necessarily just from a health care professional.

-Teachers

-Friends

-Barber/ Hairdresser

-Dentist

-Esthetician

-Pastor

-Those with shared experience or who have been personally affected

Think about ways you can tap into your community to increase vaccine uptake.

Contact Information

West Virginia Department of
HEALTH

Heather Hoffman

Vaccine Program Manager

West Virginia Department of Health

Bureau for Public Health

Office of Epidimiology and Prevention Services

Division of Immunization Services

500 Summers St Floor 2

Charleston, WV 25301

Phone: 304-352-6284

Email: heather.n.hoffman@wv.gov

Topic 13:
Source control

Learning Objectives

- Explain how source control keeps germs from spreading.

- Discuss one (1) reason why source control for COVID-19 focuses on masking.

Definition

Source control for COVID-19

Use of well-fitting cloth masks, facemasks, or respirators to cover a person's mouth and nose to prevent spread of respiratory secretions when they are breathing, talking, sneezing, or coughing.

Source control for COVID-19

For COVID-19, source control focuses on covering your nose and mouth with a mask to keep your respiratory droplets out of the air.

Why does that matter?

The main way that SARS-CoV-2, the virus that causes COVID-19, travels between people is through respiratory droplets that come out when an infected person talks, breathes, coughs, or otherwise blows air out of their nose or mouth.

we don't always know who's infected with sars-cov-2

People who are infected with SARS-CoV-2 may not show symptoms and may not be aware that they have the virus.

Why does that matter?

They can still spread the virus to others through their respiratory droplets, which is why source control for COVID-19 is so important.

How can **masks** stop germs at the source?

Source control tips: Masks

Wear a mask that

- Fits snugly around the cheeks and chin without gaps at the edges

- Covers your mouth and nose

Source control tips: N95s

- N95s protect you from breathing in respiratory droplets.

- Most N95s also block your respiratory droplets from being breathed out into the air.

Key takeaways

- Source control keeps germs from spreading by stopping them at their source, before they can spread to other people.

- Source control is an important tool to reduce the spread of COVID-19 and other respiratory infections as well as other diseases.

- For COVID-19, source control focuses on covering your nose and mouth with a mask to keep your respiratory droplets out of the air.

- Most N95 respirators used in healthcare not only protect you from virus that your patient is breathing out, but also protect your patients and your colleagues from germs that you might be breathing out.