



INFLUENZA

- Agent Information:** Influenza is caused by an influenza (flu) virus. There are two main types of influenza virus that spread among humans: Types A and B. Influenza A viruses are also found in many different animals, including birds and pigs.
- Transmission:** Person-to-person transmission occurs primarily through respiratory droplets produced when an infected person coughs, sneezes, laughs, or talks within a short distance (approximately within three feet) of a susceptible person. Transmission could also occur through contact with surfaces that have been contaminated with infectious droplets. The incubation period is generally 1-4 days. A person may be able to infect others beginning one day before and up to seven days after symptoms develop.
- Signs and Symptoms:** Abrupt onset of constitutional and respiratory symptoms such as fever, myalgia, headache, nonproductive cough, sore throat, and rhinitis. In children, gastrointestinal symptoms such as nausea, vomiting, or diarrhea, may occur simultaneously with respiratory symptoms. Complications of influenza may include exacerbation of underlying conditions, pneumonia, and bronchitis.
- Protective Measures:** Follow appropriate Body Substance Isolation (BSI) precautions, with use of Personal Protective Equipment (PPE).
Standard Precautions: Hand washing before and after all patient contacts and contact with patient care equipment.
Contact Precautions: Use of gloves, gown, and eye protection.
Airborne Precautions: Initiate droplet precautions for persons with flu-like illness or confirmed influenza infection, including wearing masks (fit tested, NIOSH approved N-95 respirator) when in contact with patient.
- Decontamination for PPE and equipment:** Thoroughly clean all patient care equipment and contaminated surfaces of ambulance with hospital-approved disinfectant. Linen management is the same as with other patients. Frequently disinfect EMS radio, pens, etc.
- Prophylaxis:** A yearly influenza vaccine is available for circulating strains of the virus. Post-exposure chemoprophylaxis with antiviral medications depends on clinical judgement, risk complications, and history of exposure.
- Treatment:** Zanamivir and oseltamivir antivirals can reduce the duration of influenza illness. Resistance to adamantanes has been reported. Supportive care is recommended.
- Reporting:** Any suspect cases should be reported within 48 hours to the Division of Public Health, Office of Infectious Disease Epidemiology: 1-888-295-5156.
For additional information, visit the CDC website: www.cdc.gov/flu/about/.

24/7 Emergency Contact Number: 1-888-295-5156

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