

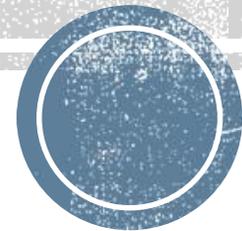
COVID-19: PLANNING FOR THE INFLUENZA SEASON AMIDST THE PANDEMIC

**California Department of Social Services
Community Care Licensing Division
Adult and Senior Care Program**

Wednesday, October 21, 2020 1pm-3pm



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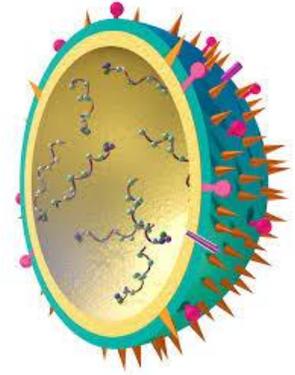
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Objectives

- Recognize the similarities in signs and symptoms of Influenza and Covid-19
 - Testing when signs/symptoms observed
- Develop an influenza vaccination plans for facility staff and residents
 - Education and access to the vaccine
- Develop strategies to encourage staff and residents to get the flu vaccine
- Convey current outreach, education and available resources
- Provide best practices to minimize spread of infection

Flu Signs and Symptoms



ADULTS

- sudden onset (different than a cold)
- fever/chills (common, not necessary)
- cough (new or changed)
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- vomiting & diarrhea (more common in children)

ELDERS

- same as adults or
- weakness
- dizziness or lightheaded with standing
- loss of appetite
- confusion or worse-than-usual mental function
- malaise ("not themselves" unwell)
- worsening of asthma, COPD, or heart failure

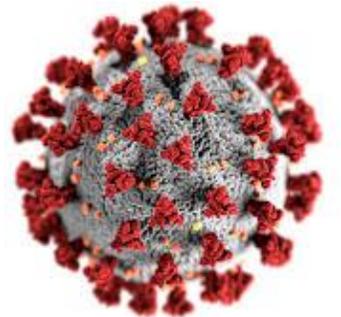
Covid-19 Signs and Symptoms

ADULTS

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

ELDERS

- “seems off” “not themselves” “funny”
- not eating
- lethargy, sleepiness
- apathy
- confusion, new or increased
- hypotension, dizziness, syncope
- falls
- failure to thrive
- nausea, diarrhea



Transmission, Incubation and Contagiousness

Feature	Flu	COVID-19	Other respiratory viruses that can also cause Pneumonia
Transmission	<p>Respiratory droplets are most common way of spreading.</p> <p>Contact with objects is less common way of spreading.</p>	<p>Respiratory droplets and aerosols* are most common way of spreading.</p> <p>Contact with objects is less common way of spreading.</p>	<p>Respiratory droplets are most common way of spreading.</p> <p>Contact with objects is less common way of spreading</p>
Incubations time , time between exposure to virus and first symptoms	Range 1-4 days	Usually 5 days, range 2-14 days	Range 2-14 days
Period of contagiousness , when a person can infect other people	1 day before symptoms start until 7 days after becoming sick	<p>2 days before symptoms start until 10 days after becoming sick</p> <p>People with no symptoms can also be contagious: up to 40% of people infected with COVID-19 have no symptoms (asymptomatic).</p>	Range of days to weeks depending on the virus

What is the Difference? Flu vs Covid-19



NOTE: Many of the symptoms are the same. The best way to tell is to TEST for both viruses. Also, a person can have both flu and Covid-19.

The following are differences between the two viruses:

- Covid-19 spreads more easily, causes more serious illness, and kills more people
- Flu can be prevented or made much less severe by a vaccine, Covid-19 cannot
- Early treatment can help limit illness from the flu
- Because people with Covid-19 can be asymptomatic or take days or weeks to show symptoms, people are contagious for longer or without realizing they are infected
- Covid-19 has more “superspreader” potential
- Longer illness and long-term harms and complications are more common with Covid-19

Isolation and Quarantine (Flu)

- If a resident has symptoms or a positive test (with or without symptoms), they must be in I & Q
 - In their room 24/7
 - Unless you have enough positives to cohort in a multi-person room or hallway
- For infected people, isolation should continue until
 - 24 hours after the end of fever and respiratory symptoms, OR
 - 7 days after the illness began
 - Whichever is LONGER
 - The same isolation precautions should be used in people with flu returning from the hospital or SNF

- If a resident has symptoms, they must be quarantined and tested
- Covid+ residents must remain in isolation until ALL the following conditions are met:
 - 24 hours after the end of fever and use of fever-lowering medications
 - Symptoms are clearly improving
 - 10 or more days have passed since symptoms started

OR they are cleared by the local health department (any concerns or they have a compromised immune system)

The same rules apply to residents returning from hospital or SNF where Isolation may have been completed (if in doubt, ask for help!)

Isolation and Quarantine (Covid-19)

Preventative Measures



▪ Annual Flu Vaccine

The first and most important step in preventing the flu is for persons in care, facility staff, and volunteers to get a flu vaccination each year. During the COVID-19 pandemic, getting a flu vaccine will be more important than ever. The flu vaccine prevents millions of illnesses and thousands of deaths each year in the United States. The CDC recommends that all people age 6 months and older get a yearly flu vaccine.

▪ Pneumonia Vaccination

For individuals who are 65 years of age or older or have other high-risk conditions, getting the pneumococcal vaccine (also known as the pneumonia shot) will reduce the risk of bacterial pneumonia complicating a viral respiratory infection. For more information about pneumococcal vaccine, visit the CDC.

Note: Some people will develop complications, such as pneumonia, as a result of the flu, COVID-19, other respiratory viruses, or bacteria. Pneumonia is an infection of the lungs that can cause mild to severe illness.

Vaccination Plans



Staff and Residents



**Make vaccines readily available -
work with your local pharmacies to
assist.**



Get vaccinated NOW!



**Get the flu vaccine before the COVID
vaccine.**

Facility Staff/Clients Who Choose to not Vaccinate

- Education, education, education!
- Follow county health department guidance.
- Utilize masks while in the community.
- Develop a clear policy.



The Flu Vaccine: FACTS!

- ✓ Fact: The Flu Vaccination Will Not Cause the Flu!
- ✓ Fact: If you get the flu vaccine, you are about 60% less likely to need treatment for the flu!
- ✓ Fact: People should get a flu shot as soon as they are available because it takes approximately two (2) weeks for the antibodies to develop!
- ✓ Fact: Getting the flu shot provides benefits such as the potential to reduce illness and prevent time lost from work!



Reporting Requirements



- Early detection of a flu or COVID-19 outbreak is imperative in controlling its transmission. Per CDC an outbreak should be *suspected* when there are 2 or more residents with onset of flu-like illness within 72 hours of each other. Flu-like illness is a fever plus a cough and/or a sore throat. A flu outbreak is *confirmed* when there are 2 or more residents with onset of flu-like illness within 72 hours of each other and at least 1 resident has laboratory-confirmed flu.
- Please contact your local health department immediately if you have someone with a confirmed case of COVID-19 in your facility or suspect an outbreak of a respiratory illness in your facility.
- In addition, adult care facility licensees are required to report a suspected or confirmed epidemic outbreak (including influenza epidemic outbreak) to the local Adult and Senior Care Regional Office, and the resident's authorized representative, as required by applicable regulations (***California Code of Regulations, Title 22, section 80061(b)(1)(H) and Title 22, section 81061(b)(1)(G)***).
- Senior care facility licensees are required to report a suspected or confirmed outbreak (including influenza epidemic outbreak) to the local Adult and Senior Care Regional Office, and the resident's authorized representative, as required by applicable regulations (***California Code of Regulations, Title 22, section 87211(a)(2)***).

Flu Outreach and Education

Guess who?
needs a Flu Vaccine



- Getting a flu vaccine is important to protect yourself, your loved ones, and your community.
- Flu vaccine is safe and does not cause flu illness.
- Flu vaccination lowers the chances that people will end up in the hospital if they catch the flu.
- Flu vaccines decrease flu illnesses and hospitalizations which can save limited medical resources to care for people with COVID-19.
- You can get the flu vaccine at a doctor's office, pharmacy, or local health department clinic. Visit [vaccinefinder.org](https://www.vaccinefinder.org) for a nearby place for vaccine.

High-Priority Groups for Flu Vaccines

- ***Essential workers***
- ***People at higher risk for severe illness from COVID-19***
 - adults \geq 65 years
 - residents in nursing homes and care homes
 - people with chronic medical conditions
 - racial/ethnic groups disproportionately impacted by COVID-19
- ***People at higher risk for flu complications***
 - infants and young children; children with neurologic conditions
 - pregnant women
 - adults \geq 65 years
 - people with chronic medical conditions

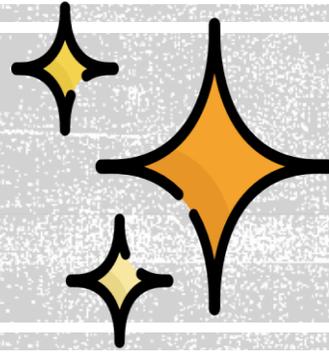


Resources

- **CDC flu resources**
 - <https://www.cdc.gov/flu/resource-center/index.htm>
 - <https://www.cdc.gov/flu/season/faq-flu-season-2020-2021.htm>
 - <https://www.cdc.gov/flu/professionals/vaccination/prepare-practice-tools.htm>
- **Media/communication resources**
 - <https://www.cdc.gov/flu/resource-center/freeresources/print/print-healthcare.htm>
 - <https://www.immunizeca.org/DontWaitVaccinate/>
 - <https://eziz.org/resources/flu-promo-materials>



Best Practices



- *Face Coverings:* Facility staff should wear a facemask (e.g., surgical or procedure mask) at all times while they are in the facility. If facemasks are not readily available, cloth face coverings can be used by staff to prevent the spread of respiratory diseases but facemasks are preferred.
- *Hand washing and gloves:* Actively promote adherence to hand hygiene among facility staff, persons in care, and visitors including the use of gloves as recommended by the CDC.
- *Respiratory Hygiene and Cough Etiquette:* During flu season, post visual reminders asking persons in care and facility staff to practice respiratory hygiene and cough etiquette and report symptoms of respiratory illness to a designated person. **Visitors should not come into the facility if they have symptoms of respiratory illness.**
- *Visitor Precautions and Restrictions:* Post signs notifying visitors that if they have fever, respiratory symptoms or symptoms consistent with flu or COVID-19, they should immediately inform the facility.

Best Practices cont.

- *Linens and Clothing:* Put linens soiled with respiratory secretions, contaminated tissues, vomit, or fecal matter in a plastic bag before taking them to the laundry room. Do not shake dirty laundry in order to avoid shaking virus droplets into the air. Encourage facility staff responsible for laundry to wear gloves, a mask, and a disposable gown (or to change their clothes) when physical contact with soiled linens is necessary.
- *Staff Leave and Screening:* Staff with a fever of 100°F or higher, respiratory symptoms, or symptoms consistent with flu or COVID-19 should not work and should immediately report to their supervisor.
- *Cleanliness of Facility:* Perform routine cleaning and disinfection of frequently touched surfaces and equipment. Frequently touched surfaces include, but are not limited to, commodes, toilets, faucets, hand and/or bed railings, telephones, door handles and knobs, computer equipment, and kitchen food preparation surfaces.

Additional Resources

- CCLD Resources

[PIN 20-34-ASC: INFLUENZA OR “FLU”, NOVEL CORONAVIRUS DISEASE 2019 \(COVID-19\), AND PNEUMONIA IN ADULT AND SENIOR CARE RESIDENTIAL FACILITIES](#)

[PIN 20-23-ASC: UPDATED GUIDANCE ON CORONAVIRUS DISEASE](#)

[PIN: 20-14-ASC: GUIDANCE FOR SANITIZING LAUNDRY AND A LIMITED WAIVER OF HOT WATER TEMPERATURE LIMITS IN CARE FACILITIES](#)

[INFECTIOUS PREVENTION: FOSTERING A ROBUST FRAMEWORK IN FACILITIES](#)

[List of Adult and Senior Care Regional Offices](#)

QUESTIONS