

# Isolation room checklist

- ☐ **Hand-wash basin in room (hands-free operation if possible).\***
- ☐ **Single-use towelling.**
- ☐ **Ensuite bathroom (shower, toilet, hand-wash basin).\***
- ☐ **Door on room with door self-closer (if possible).**
- ☐ **Minimum one metre separation between beds in multi-bed rooms.†**
- ☐ **Suitable container/s for safe disposal of tissues, gloves, masks, single-use towelling etc.**
- ☐ **Room restriction signs.**
- ☐ **Independent air conditioner/filter system or aircon inlet/outlet for the room to be filtered with a HEPA filter.**

\* If hand washing facilities are not readily available, provide alcohol-based hand wash.

† If an appropriate single room is not available, room sharing by residents with the same infection is acceptable.

# Wash your hands

1. **Remove jewellery.**
2. **Wet your hands thoroughly.**
3. **Apply soap from the dispenser.**
4. **Lather vigorously for 10–15 seconds.**
5. **Rinse under running water.**
6. **Do NOT touch taps with clean hands — use a towel to turn taps off.**
7. **Pat your hands dry, using a paper towel.**
8. **Dispose of the towel in the appropriate container. Do NOT reuse towels.**

# Attention all staff

There are currently a number of cases of respiratory illness/influenza at this facility. We are trying to prevent this illness from spreading.

If you have symptoms of any respiratory illness now (fever, sore throat, cough, muscle and joint pain, tiredness/exhaustion) you should see your doctor immediately and not return to work until you are free of symptoms or until your doctor advises that you are fit to return to work.

There is a risk that you will acquire this respiratory illness/influenza unless you take the following precautions.

- Arrange for an influenza vaccination if you have not already had one this year.
- Wash your hands with soap and water before and after contact with each resident, or use alcohol-based hand wash if washing facilities are not nearby.
- If you are working with those residents who are sick, avoid contact with other residents and staff working in other areas.
- Wear gloves if contact with respiratory secretions or potentially contaminated surfaces is likely. Change gloves and wash hands after contact with each resident. Dispose of gloves in the appropriate container. Do not reuse gloves.
- Wear masks appropriate for respiratory infection on entering room or working within one metre of the resident. Remove mask when leaving each room and dispose of in the appropriate container. Do not reuse masks.
- Wear gowns if soiling of clothes with respiratory secretions is likely. Remove gown before leaving the room and place in the appropriate container. Do not reuse gowns.

Thank you for your co-operation.

Sincerely,

Manager/DoN

# Influenza information

## For family and visitors

Influenza is a highly infectious virus. It spreads through droplets caused by sneezing or coughing. Symptoms develop rapidly one to three days after contact with an infectious person. Individuals are infectious for three to four days after infection and may transmit the virus one to two days before the onset of symptoms.

Influenza is a particular risk of serious illness and death to:

- people 65 years of age and over;
- Aborigines and Torres Strait Islanders 50 years of age and over; and
- residents in long term health care facilities such as residential aged care homes.

Influenza can be prevented, or the severity of the illness reduced, by immunisation with the current vaccine each year. Vaccine is available free of charge to those 65 years of age or over and Aborigines and Torres Strait Islanders 50 years of age or over and 15–50 year olds considered to be at high risk of complications and death, because they have heart disease, lung disease, kidney disease, severe asthma or diabetes, have an immune compromising condition or are heavy drinkers.

It is recommended that all residents in long term health care, people who visit them and health care staff receive the annual influenza vaccination to minimise the risk of infection to themselves and others.

It is strongly recommended that you see your doctor immediately AND do not visit a resident of a long term care facility, if you have been in contact with people with influenza-like symptoms or if you have three or more of the following symptoms:

Rapid onset of:

- Fever/chills
- Muscle and joint pain
- Tiredness/exhaustion
- Cough
- Headache
- Sore throat
- Stuffy/runny nose

Symptoms in the elderly may also include:

- Loss of appetite
- Onset or increase of confusion
- Shortness of breath
- Increasing Chronic Obstructive Airways Disease symptoms.

If there are suspected cases of influenza in a long term care facility that you visit, you can reduce the risk of infection to yourself and others by:

- washing your hands thoroughly with soap and water before you enter a resident's room;
- minimising physical contact with the residents and staff;
- covering your mouth if you cough or sneeze;
- keeping your visit short;
- only visiting one resident each time you visit; and
- washing your hands thoroughly with soap and water as soon as you leave the resident's room.

If the resident you are visiting has influenza-like symptoms, you should wear a face mask appropriate for respiratory protection during your visit. Not all masks are suitable for this purpose. You should discuss this with a pharmacist if you are purchasing these. You should also check with staff that the resident's doctor has been notified.

# Attention all visitors

There have been a number of cases of respiratory illness/influenza at this facility recently. We are trying to prevent this illness from spreading.

**Visitors are advised that there is a risk of acquiring this respiratory illness/influenza by visiting this facility at this time.**

If you have recently been ill, have symptoms of any respiratory illness now (fever, sore throat, cough, muscle and joint pain, tiredness/exhaustion) or have been in contact with someone who is ill we strongly advise you not to enter this facility.

**If you choose to visit at this time, please visit only the resident you have come to see, wash your hands with soap and water before and after the visit and then leave as soon as possible.**

Thank you for your cooperation.

Manager/DoN

Attention all visitors

**Please check  
at reception  
before entering  
this room**

Thank you for your cooperation.

Manager/DoN

# Resident transfer advice

To:

Please be advised that \_\_\_\_\_ Name of resident is being transferred from a facility where there is a  
 suspected ☐  
 confirmed ☐

influenza outbreak. Please ensure that appropriate infection control precautions are taken upon receipt of this resident.

At the time of transfer, this resident was confirmed with ☐  
 suspected of ☐  
 had no symptoms of ☐  
 influenza.

This resident has been vaccinated with the current influenza vaccine on \_\_\_\_\_ date ☐

This resident has NOT been vaccinated with the current influenza vaccine BECAUSE OF:

allergy ☐  
 medication conflict ☐  
 vaccine refusers on non-medical grounds ☐  
 other \_\_\_\_\_ ☐

Resident is taking the antiviral medication \_\_\_\_\_ Name of medication.

Start date \_\_\_\_\_ Dose of the medication \_\_\_\_\_

For further information, contact \_\_\_\_\_ Name of contact person of

\_\_\_\_\_ Name of facility on \_\_\_\_\_ Phone number