# Recognising and Managing Influenza

| **Activity** | **What to do** |
| --- | --- |
| Influenza suspected | Fever/chills, cough, muscle and joint pain, runny nose, tiredness/exhaustion, headache, sore throat, loss of appetite, onset or increase of confusion, shortness of breath, increasing Chronic Obstructive Airways Disease symptoms |
| Implement infection control practice | . Increase hygiene measures. Use Personal Protective Equipment (ie. mask and gloves). Notify your employer of any clients with influenza-like symptoms |
| Protection of care workers’ health | . Personal hygiene – wear gloves, mask, ensure good hand washing. Care workers are advised to seek medical advice regarding immunisation if not vaccinated, and the use of anti-viral medication |
| Notify | . Notify your employer of clients with influenza. With client’s permission, notify their relatives or representatives of their condition if they haven’t. Suggest they inform other community visitors. Encourage client to notify their GP, or, notify their GP at your client’s request |
|  Environment | . Enhance cleaning measures, especially of frequently touches surfaces, with a neutral detergent such as dishwashing detergent. Regularly clean your work case or bag and other items carried in it. Correctly dispose of all tissues, clinical waste and sharps |
| Document  | . Details of each of your clients exhibiting influenza symptoms. Onset date of influenza-like illness. Symptoms – any three of: fever, cough, muscle and joint pain, tiredness/exhaustion. Contacts – identify possible ‘at risk’ groups (eg. Other community helpers, visitors) |
| Manage clients who are ill | . Encourage your client to rest and adhere to treatment. Recommend client limits their group activities and stays at home until they are better. Encourage client to seek medical advice if they continue to be unwell |
|  Restrict contact | . If a care worker exhibits symptoms they should be encouraged to stay away from work and not to return until free from symptoms or advised by a doctor. If a care worker has recently been exposed to a client with influenza, their employer may limit their contact with other clients |

 **WASH AND DRY HANDS BEFORE AND AFTER CONTACT WITH AFFECTED CLIENTS**

**Further copies of this poster are available from National Mail and Marketing**

DSS12994 June 2014 – All information in this publication is correct as at June 2014