# Recognising and Managing Influenza

| **Activity** | **What to do** |
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| 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**

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