

Diagnosis

- Influenza should be suspected during influenza season (October–March) in nursing home residents with typical symptoms: sudden onset of fever, headache, sore throat, cough, myalgias, rhinorrhea.¹⁻³
- Influenza testing should occur for residents with recent onset of signs and symptoms suggestive of influenza or acute respiratory illness, even if it's not influenza season.⁴
 - Once a laboratory-confirmed case of influenza has been identified in a resident, it is likely that there are additional cases in the nursing home.
 - Active influenza surveillance should occur until at least 1 week after the last influenza case has been identified.
 - Local public health and State health departments should be notified of every suspected or confirmed influenza outbreak in long-term care facilities.

Note: Infection with SARS CoV-2 should be considered in the differential for a resident with respiratory symptoms who is suspected of having influenza, and consideration should be given to appropriate isolation and testing for SARS CoV-2.^{5,6}

Treatment

- All long-term care facility residents who have confirmed or suspected influenza should receive antiviral treatment immediately.^{3,4}
- Antivirals are most effective if started ≤ 48 hours after symptom onset.^{3,4}
- Antivirals may be started up to 96 hours after symptom onset and still reduce illness severity.⁷
- All nonsymptomatic residents on the unit should start oseltamivir promptly for a minimum of 2 weeks for chemoprophylaxis, regardless of whether they have received influenza vaccination.^{4,5}
- Antivirals need to be dosed according to the resident's renal function. See the table below for suggested dosing.^{4,8}

Indication	Usual Dose	Adjusted Dose	
Treatment	75mg twice daily x 5 days	CrCl 31-60	30mg twice daily
		CrCl 10-30	30mg once daily
		Dialysis	30mg after dialysis on dialysis days
Chemo-prophylaxis	75mg once daily for 2 weeks or 7 days after last known case whichever is longer	CrCl 31-60	30mg once daily
		CrCl 10-30	30mg every other day
		Dialysis	30mg after every other dialysis

CrCl = creatinine clearance

Prevention

- Influenza vaccination should be provided annually to all residents and health care personnel of long-term care facilities, ideally by the end of October.^{4,9}
- Standard and droplet precautions should be initiated for all residents with suspected or confirmed influenza.⁴

References

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6. Testing and Management Consideration for Nursing Home Residents with Acute Respiratory Illness Symptoms when SARS-CoV-2 and Influenza Viruses are Co-circulating. Centers for Disease Control and Prevention. November 2020. <https://www.cdc.gov/flu/professionals/diagnosis/testing-management-considerations-nursinghomes.htm>. Accessed Apr 14, 2020.
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