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TO: Illinois Long Term Care Facilities and Assisted Living Facilities, Local Health Departments, Local Health Department Administrators, Illinois Department of Public Health Long Term Care Regional Contacts

FROM: Daniel A. Levad, Acting Deputy Director of Health Care Regulation  
Dr. Catherine Counard, MD, MPH, IDPH Medical Officer

RE: Guidelines for the Prevention and Control of Influenza Outbreaks in Illinois Long Term Care Facilities

DATE: October 7, 2020

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The purpose of this memorandum is to provide long-term care facilities (LTCF)<sup>1</sup> and other residential health and living facilities with current guidance for preventing and controlling influenza cases and outbreaks and with information on the reporting requirements in the event of a suspected or confirmed *influenza outbreak*. Specific guidance pertaining to COVID-19 can be found on the [IDPH](#) or [CDC](#) websites. While notes specific to COVID-19 are mentioned in some sections of this document, the primary intent of this memorandum is to provide guidance for influenza. In certain situations, COVID-19 guidance may be more restrictive than the influenza guidance mentioned in this document. Facilities should defer to the appropriate guidance for the situation currently occurring in the community and the state, as the more restrictive guidance may be recommended.

Influenza (flu) and COVID-19 are highly contagious respiratory illnesses caused by different viruses. Because some of the symptoms of flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm a diagnosis. Facilities should evaluate respiratory symptoms and consider the appropriate test following CDC guidance. The most current information on comparing COVID-19 to flu can be found [here](#).

While it's not possible to say with certainty what will happen during the 2020-2021 influenza season, CDC believes it's likely that flu viruses and SARS-CoV-2 will both be spreading. Influenza and COVID-19 viruses can cause substantial sickness and death among long-term care facility residents and personnel. Influenza and COVID-19 usually enter LTCFs via newly admitted residents, health care workers, and/or visitors.

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<sup>1</sup> LTCF includes an assisted living facility, a shared housing establishment, or a board and care home, as defined in the Assisted Living and Shared Housing Act [210 ILCS 9]; a community living facility, as defined in the Community Living Facilities Licensing Act [210 ILCS 35]; a life care facility, as defined in the Life Care Facilities Act [210 ILCS 40]; a long-term care facility, as defined in the Nursing Home Care Act [210 ILCS 45]; a long-term care facility as defined in the ID/DD Community Care Act [210 ILCS 47]; a long-term care facility, as defined in the MC/DD Act [210 ILCS 46]; a specialized mental health rehabilitation facility, as defined in the Specialized Mental Health Rehabilitation Act of 2013 [210 ILCS 48]; and a supportive residence, as defined in the Supportive Residences Licensing Act [210 ILCS 65].

Vaccination is the most effective way to prevent influenza, limit transmission, and prevent complications from influenza in LTCFs. To address the importance of influenza vaccination, especially during the COVID-19 pandemic, CDC will maximize flu vaccination by increasing availability of vaccine by emphasizing the importance of flu vaccination for the entire flu season and by conducting targeted communication outreach to specific groups who are higher risk of complications from the flu. These same groups are often at higher risk for COVID-19 as well, so protecting them from influenza is important to decrease their risk of co-infection. It is [recommended](#) that influenza testing occur year-round (and not just during flu season) whenever a resident has an influenza-like illness, regardless of whether the affected resident has been vaccinated.

Local health departments (LHDs)<sup>2</sup> and LTCFs are strongly encouraged to print the attached document for use during the upcoming influenza season. The guidance is intended for use by inpatient rehabilitation facilities, long-term psychiatric hospitals, and senior living residential facilities. In addition to this guidance, the Centers for Disease Control and Prevention (CDC) has an online [Toolkit for Long-Term Care Employers](#), located on CDC's Influenza Webpage, that may also assist your facility during the influenza season.

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<sup>2</sup> "Local Health Department" refers to the certified local health department in the jurisdiction where the LTCF is located. In Edwards and Richland counties, IDPH will assume the LHD role during an influenza outbreak investigation.

# Influenza

## Disease and Outbreak Management for Long-term Care Facilities

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### **I. Influenza Overview**

Influenza (also known as the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild illness in some persons but can cause substantial illness and death among residents of LTCF. Adults 65 years of age and older are at higher risk for developing influenza-related complications. Influenza symptoms usually occur abruptly and include some or all of the following: fever, myalgia (muscle pain), headache, malaise, nonproductive cough, sore throat, and rhinitis (stuffy or runny nose, sneezing and post-nasal drip).

Influenza viruses are spread from person to person primarily through large-particle respiratory droplet transmission (e.g., when an infected person coughs or sneezes near another person). Transmission via large-particle droplets requires close contact between the source and recipient persons, because droplets do not remain suspended in the air and generally travel only a short distance (less than or equal to one meter or just over three feet).

Another possible source of transmission is contact with respiratory droplet-contaminated surfaces (e.g., the susceptible person touches contaminated surface and then touches his eyes, nose, or mouth). Contact with respiratory droplet-contaminated surfaces is another possible source of transmission (e.g., the susceptible person touches contaminated surface and then touches his eyes, nose, or mouth). The typical incubation period (time between exposure and infection) for influenza is one to four days, with an average of two days. Infected adults shed influenza virus from the day before symptoms begin through five to seven days after illness onset. Young children and persons with weakened immune systems may be infectious for ten or more days after onset of symptoms.

## **II. Definitions**

The following definitions will assist you in determining how to respond to influenza-like illness and influenza outbreaks within your facility:

- **Influenza-like illness (ILI):** Fever (a temperature of 100° F [37.8° C] or higher orally) AND new onset of cough and/or sore throat.
- **Confirmed influenza outbreak:** Two or more cases of ILI occurring within 72 hours among residents in a unit of the facility with at least one of the ill residents having laboratory-confirmed influenza (i.e., reverse transcription polymerase chain reaction [RT-PCR], viral culture, or rapid test).

*Note: When influenza is circulating in the surrounding community, a high index of suspicion should be maintained. Fever may be difficult to determine among elderly residents. Therefore, the definition of fever used for ILI can be a temperature two degrees (2°F) above the established baseline for that resident. Some ill residents may develop prostration (extreme exhaustion) with new onset of cough and/or sore throat.*

## **III. Reporting**

**PLEASE REPORT ALL OUTBREAKS OF INFLUENZA** to the LHD **AND** to your respective IDPH Long-term Care Regional Office within 24 hours (within eight regularly scheduled business hours) by telephone or fax. [Pursuant to the Control of Communicable Diseases Code Section \[77 ILCS 45 690.565\]](#), any pattern of cases or increased incidence of any illness beyond the expected number of cases in a given period that may indicate an outbreak shall be reported to the local health authority within 24 hours. Clusters or outbreaks determined to be confirmed as influenza should then be reported by the LHD to the IDPH influenza surveillance program via the Outbreak Reporting System (ORS). Facilities should use the attached [Influenza Outbreak Report Form](#) to assist in collecting and disseminating information to the LHD.

After seven days from the latest case onset have passed without a new case of ILI in the facility, the outbreak can be considered resolved and will be finalized and closed by the LHD in the Outbreak Reporting System (ORS).

## **IV. Prevention and Control of Influenza Outbreaks in LTCF**

Strategies for preventing and controlling influenza in long-term care facilities include the following:

- A. [Vaccination](#)
- B. [Testing](#)
- C. [Infection Control Measures](#)
- D. [Antiviral Treatment](#)
- E. [Antiviral Chemoprophylaxis](#)

### **A. Vaccination Recommendations**

1. Anyone  $\geq 6$  months of age and older without contraindications, including health care personnel and persons at high risk for complications from influenza (including all residents of LTCFs), should receive annual influenza vaccination according to current national recommendations. Immunization policies should include annual influenza vaccination for all residents and staff, and the pneumococcal vaccine as recommended by the Advisory Committee on Immunization Practices (ACIP). No preferential recommendation is made for one influenza vaccine product over another for persons for whom more than one licensed,

recommended, and appropriate product is available. **To review the 2020-2021 season recommendations, please view the [MMWR article](#).**

## 2. Vaccination of Residents

LTC facilities should implement the following guidelines for vaccinating residents:

- a. Standing orders for influenza vaccine should be in effect for all residents  $\geq 6$  months of age.
- b. Residents should be vaccinated on an annual basis as soon as influenza vaccine becomes available, unless medically contraindicated Nursing Home Care Act [[210 ILCS 45/2-213](#)]. It is important to continue to administer influenza vaccine throughout the influenza season. New residents should be vaccinated as soon as possible after admission to the facility. Residents with uncertain immunization histories should be considered NOT immunized and vaccinated accordingly.
  - Flublok® is a trivalent influenza vaccine that has been FDA approved for use in adults ages 18 years and older with severe egg allergies because it does not use the influenza virus or chicken eggs in its manufacturing process.
  - For more information about vaccination recommendations, review the [2020-2021 Influenza Vaccine Recommendations](#).
- c. A facility shall administer or arrange for administration of a pneumococcal vaccination to each resident, in accordance with the recommendations of the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention, who has not received this immunization prior to or upon admission to the facility, unless the resident refuses the offer for vaccination or the vaccination is medically contraindicated. A facility shall document in each resident's medical record that a vaccination against pneumococcal pneumonia was offered and administered, arranged, refused, or medically contraindicated. For specific recommendations, visit the [CDC website](#) where this topic is discussed in detail.
- d. Influenza vaccine may be less effective in the very elderly, and although immunized, some LTCF residents may remain susceptible to influenza. Fluzone High-Dose® is an influenza vaccine, manufactured by Sanofi Pasteur Inc., which contains more antigen than regular Inactivated Influenza Vaccine (IIV) and is designed specifically for people 65 years and older. Fluzone High-Dose is *not* recommended for people who have had a severe reaction to the flu vaccine in the past. For additional information about Fluzone, visit [CDC's website](#).

## 3. Vaccination of Health Care Personnel

Pursuant to Section 30 of the Health Care Employee Vaccination Code [77 Ill. Adm. Code 956], "Each health care setting shall ensure that all health care employees are provided education on influenza and are offered the opportunity to receive seasonal, novel and pandemic influenza vaccine, in accordance with this section, during the influenza season (between September 1 and March 1 of each year) unless the vaccine is unavailable."

Effective July 1, 2018, [P.A. 100-1029](#) amended Section 2310-650 of the Department of Public Health Powers and Duties Law (20ILCS 2310/2310-650) to modify the instances in which a health care employee may decline an influenza vaccine offer. P.A. 100-1029 provides that 'A health care employee may decline the offer of vaccination if the vaccine is medically contraindicated, if the vaccine is against the employee's religious beliefs, or if the employee has already been vaccinated. General philosophical or moral reluctance to influenza vaccinations does not provide a sufficient basis for an exemption'. The Department has adopted revised rules to the Health Care Employee Vaccination Code, [[77 Ill. Adm. Code 956](#)], effective February 6, 2019, to implement and adopt P.A. 100-1029.

Each health care setting is also required to maintain a system for tracking and documenting influenza vaccine offered and administered to health care employees. Documentation shall be kept for three years. Health care employees who decline vaccination for any reason indicated in the Code shall sign a statement declining vaccination and certifying that he or she received education about the benefits of influenza vaccine. Many health care facilities have chosen to implement more stringent influenza vaccination policies to improve employee vaccination rates.

Influenza vaccination of all persons who provide care and services in LTC facilities reduces mortality in elderly residents. All LTC staff, including housekeeping and dietary staff, consultants, and volunteers should receive flu vaccine every year, unless contraindicated. (Note: Some studies have shown that approximately 25% of all health care workers are infected with influenza every flu season.)

#### 4. **Vaccination of Family Members and Visitors**

Family members and visitors should be informed about their role in the transmission of influenza to LTCF residents and they should be encouraged to receive influenza vaccine. To find out where to get their influenza vaccine, family members can call their health care provider, LHD, or visit the Department of Health and Human Services (HHS) Health [Map Vaccine Finder](#).

#### 5. **Currently, there is no vaccine available for COVID-19.**

### **B. Testing**

If influenza is suspected in any resident, influenza testing should be performed promptly. LTC facilities should develop a plan for collecting respiratory specimens and performing influenza testing when influenza is suspected in a resident. LTC facilities should work with their laboratory providers to identify a facility that can perform influenza testing. If possible, samples from any influenza outbreak should be sent to the IDPH laboratory. For more information regarding influenza testing, please visit [CDC's website](#).

#### 1. **Influenza Testing During Outbreaks**

- a. Facilities should be prepared to perform diagnostic testing if the index of suspicion is high. Facilities should develop a plan for collecting respiratory specimens and performing influenza testing (e.g., Real-Time PCR, immunofluorescence, and rapid diagnostic test) when influenza-like illness (ILI) clusters occur or when influenza is suspected in a resident. To obtain influenza test kits for testing specimens at IDPH laboratories, please complete the [Clinical Supplies Requisition Form](#) and fax to the IDPH Springfield lab at 217-558-3476. **(Also remember you must report the influenza outbreak to your LHD.)**
- b. If your facility is experiencing an outbreak, institute the facility's plan for collection and handling of specimens to identify influenza virus as the causal agent early in the outbreak (within one to two days of symptom onset) by performing rapid influenza virus testing of multiple residents with recent onset of symptoms suggestive of influenza. In addition, consult with your LHD regarding the shipment of specimens for RT-PCR testing to IDPH laboratory in order to determine the influenza virus type and subtype. For collection, shipping, and submission details, please contact your LHD. If testing through a hospital or private laboratory, ensure that the laboratory performing the tests notifies the facility of results promptly.

#### 2. **COVID-19 Testing during outbreaks**

- a. Refer to [IDPH guidance](#) for most recent information on frequency and type of COVID-19 testing

### 3. Respiratory Viral Panels (RVP) during outbreaks

- a. Respiratory viral panels (RVP) are used to determine the cause of respiratory illness when influenza and COVID-19 are either not suspected or have been ruled out, when there are concerns about co-infection, or when multiple viruses are circulating. There are multiple coronaviruses included in RVP that are not SARS-CoV-2 at this time. These coronaviruses cause milder upper respiratory infections and do not cause COVID-19.

## C. Infection Control Measures

The following infection control measures are recommended to prevent person-to-person transmission of influenza and to control influenza outbreaks in LTCFs:

### 1. Respiratory Hygiene/Cough Etiquette

It is important to ensure that all people *with symptoms of a respiratory infection* adhere to respiratory hygiene/cough etiquette. For more information regarding respiratory hygiene/cough etiquette visit the [CDC website](#). LTC facilities should ensure the availability of supplies for respiratory hygiene in resident and visitor areas, including tissues and no-touch receptacles for used tissue disposal, alcohol-based hand rub dispensers, hand washing supplies (soap, disposable towels), and surgical/procedure masks for symptomatic residents and visitors.

Note: COVID-19 can be spread by people *who do not have symptoms* and do not know that they are infected. That is why it's important for everyone to practice social distancing (staying at least 6 feet away from other people) and wear masks in public settings. Masks provide an extra layer to help prevent the respiratory droplets from traveling in the air and onto other people. The masks recommended for the public are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

### 2. Standard Precautions

**During the care of any patient, all health care providers in every healthcare setting should adhere to standard precautions, which are the foundation for preventing transmission of infectious agents in all healthcare settings.** Use standard precautions during the care of all residents in the facility. During the care of any resident with symptoms of a respiratory infection, health care personnel should adhere to the following:

- a. Wear gloves if hand contact with respiratory secretions or potentially contaminated surfaces is anticipated.
- b. Wear a gown if soiling of clothes with a resident's respiratory secretions is anticipated. Do not reuse gowns, even for repeated contacts with the same resident.
- c. Change gloves and gowns after each resident encounter and perform hand hygiene.
- d. Perform hand hygiene before and after touching the resident, after touching the resident's environment, and/or after touching the resident's respiratory secretions, regardless of whether gloves are worn.
- e. When hands are visibly soiled or contaminated with respiratory secretions, wash hands with soap (either plain or antimicrobial) and water.

- f. If hands are not visibly soiled, use an alcohol-based hand rub for routinely decontaminating hands. Alternatively, wash hands with soap (either plain or antimicrobial) and water. For more information visit [CDC's website](#).

### 3. Droplet Precautions

In addition to Standard Precautions, health care personnel should adhere to the following. Droplet Precautions should be followed during the care of a resident with suspected or confirmed influenza for at least seven days after illness onset or until 24 hours after the fever has subsided and respiratory symptoms, whichever is longer. In some cases, facilities may choose to apply [Droplet Precautions](#) for longer periods based on clinical judgment, such as in the case of young children or severely immunocompromised patients, who may shed influenza virus for longer periods of time.

- a. Place ill residents requiring precautions in private rooms. If a private room is unavailable, a room may be cohorted by residents with confirmed influenza OR a room may be cohorted by with residents with suspected influenza. Wear facemasks (e.g., a surgical or procedure mask) upon entering residents' rooms or when working within six feet of residents on droplet precautions. Additional precautions have been [recommended](#) by CDC during aerosol generating procedures. Remove facemasks when leaving residents' rooms, dispose of masks in waste container inside the resident's room and perform hand hygiene before leaving the resident's room.
- b. If resident movement or transport is necessary, residents must wear facemasks.
- c. Communicate information about residents with suspected or confirmed influenza to appropriate personnel before transferring them to other departments or healthcare facilities. For more information on isolation precautions visit [CDC's website](#).

**NOTE:** Droplet and Contact Precautions with eye/face protection should be followed when caring for a resident with confirmed or suspected COVID-19. If a resident is being tested for both viruses, caregivers must wear full COVID-19 personal protective equipment (PPE) while providing care to these residents. Full COVID-19 PPE includes the use of a N95 mask (if available) or facemask, gown, eye protection, and gloves.

### 4. Restrictions for Ill Visitors and Health-care Personnel

Health care personnel with influenza-like illness should be excluded from work for at least 24 hours after fever has subsided (without the use of fever-reducing medicines). If symptoms such as cough and sneezing are still present when they return to work, they should wear facemasks during patient care activities. Those with ongoing respiratory symptoms should be considered for evaluation by occupational health or the facility's Director of Nursing/Nursing Supervisor to determine appropriateness of contact with patients. Adherence to respiratory hygiene/cough etiquette and the importance of performing frequent hand hygiene (especially before and after each resident contact) should be reinforced.

HCP are screened for COVID-19 symptoms before starting their work shift and at mid-shift. If an HCP exhibits any COVID-like symptoms, they must be excluded from work and considered for testing. Because screening is more stringent for COVID-19, HCP will most likely be excluded from work for COVID-19 and not excluded for influenza unless laboratory confirmation is made.

LTC facilities should monitor the Illinois Weekly Influenza Surveillance Report for information about influenza activity in Illinois during the season. It can be found on the [influenza surveillance page](#) on the IDPH website.



Please note that the following guidance for visitors during flu season may be superseded by COVID-19 visiting guidance:

- a. ***If no or only sporadic influenza activity is in the surrounding community:***
  - Discourage persons with symptoms of a respiratory infection from visiting residents. Implement this measure through educational activities.
  - Monitor health care personnel for symptoms of influenza-like illness and exclude ill persons as recommended above.
  - Monitor residents for symptoms of respiratory illness.
- b. ***If regional or widespread influenza activity is occurring in the surrounding community:***
  - Notify visitors (e.g., via posted notices) that adults with respiratory symptoms should not visit the facility for seven days, and children with symptoms for ten days following the onset of illness or until 24 hours after the resolution of fever and respiratory symptoms, whichever is longer.
  - Evaluate health care personnel with influenza-like illness, perform rapid influenza testing to confirm the causal agent is influenza, and exclude ill persons as recommended above.
  - Monitor residents for symptoms of respiratory illness to determine need for Droplet Precautions.

NOTE: Facilities should regularly monitor IDPH website for COVID-19 data.

## 5. Surveillance

LTC facilities should implement daily active surveillance for respiratory illness among all residents and health-care personnel. Respiratory testing should be used to identify any increased incidence of ILI among residents, so that infection control measures can be promptly initiated to prevent the spread of disease in the facility.

When influenza activity is occurring in the local community, implement daily active surveillance and continue through the end of the influenza season. Examples of conducting surveillance include:

- a. Monitoring for symptoms of respiratory illness among residents, health care personnel, and visitors to the facility.
- b. Maintaining a line listing of those ill, including both staff and residents.
- c. Maintaining a log of staff call-ins and reviewing daily for symptoms of respiratory illness; inquire if influenza testing was performed and request results if available.

NOTE: Facilities should continue to track COVID-19 cases separately from influenza data.

## 6. Education

Annually educate health care personnel about the importance of vaccination, signs and symptoms of influenza, control measures, and indications for obtaining influenza testing. Posting signage about influenza in your facility is one way to educate the visitors, staff, and residents about influenza, especially during peak influenza season. You may utilize the [Contact Precautions](#) and [Droplet Precautions](#) signs. Adherence to respiratory hygiene/cough etiquette and the importance of performing frequent hand hygiene (especially before and after each resident contact) should be reinforced. If possible, Personnel should be assigned to a single unit instead of floating assignments for the duration of the outbreak.

## 7. Other Considerations

In addition to the above, the following procedures also may be considered for LTCFs:

- a. To maintain residents' ability to socialize and have access to rehabilitation opportunities during periods when influenza infections are unlikely and no influenza outbreaks are suspected or confirmed, residents with symptoms of respiratory infection can be permitted to participate in group meals and activities, if the residents can be placed six feet from other residents and can adhere to respiratory hygiene/cough etiquette.
- b. If influenza is suspected in any resident, influenza testing should be performed promptly. Symptomatic residents with suspected or confirmed influenza and their exposed roommates should be confined to their rooms or grouped together in rooms or on one unit (i.e., cohorted) for seven days following onset of symptoms. Personnel should work on only one unit, if possible.
- c. Droplet Precautions should be maintained for residents receiving antiviral treatment for influenza as they may continue to shed influenza viruses while on antiviral treatment. Using Droplet Precautions also will reduce transmission of viruses that may have become resistant to antiviral drugs during therapy.
- d. Standard cleaning and disinfection procedures may be used during influenza season. Increased frequency of cleaning and disinfection of high touch surfaces is recommended. An Environmental Protection Agency-registered, hospital grade disinfectant labeled with an influenza or virucidal statement must be used in accordance with product instructions.
- e. If a novel influenza strain emerges, resulting in an epidemic, IDPH may delegate orders for Isolation and Quarantine to the certified LHD(s). Please take time to review IDPH's statutes for Isolation and Quarantine, which are hyperlinked below:
  - [Section 2 of the Department of Public Health Act \[20 ILCS 2305/2\]](#),
  - [Section 2310-15 of the Department of Public Health Powers and Duties Law \[20 ILCS 2310/2310-15\]](#)
  - [Subpart I of the Control of Communicable Diseases Code \[77 Ill Adm. Code 690, Subpart I\]](#)
- f. Facilities should follow [IDPH Reopening Guidance for COVID-19](#).

### D. Antiviral Treatment

The use of antiviral medications for influenza treatment is a key component of influenza outbreak control in LTCFs whose residents are at higher risk for influenza complications.

**Antiviral medications have been shown to be most effective if administered within 48 hours after symptom onset; however, these medications can still help if given to the very ill after 48 hours.** Due to antiviral resistance identified during previous influenza seasons, it is currently recommended that neither amantadine nor rimantadine be used for the treatment or chemoprophylaxis of currently circulating influenza A viruses in the United States. Dosage recommendations vary by age group and medical condition. For more detailed information about the use of antiviral medication to control influenza, visit [CDC's website](#). Pre-approved medication orders, or plans to obtain physicians' orders on short notice, should be in place to ensure that treatment can be started as soon as possible.

### E. Antiviral Chemoprophylaxis

During a confirmed influenza outbreak, antiviral chemoprophylaxis should be given to residents and offered to health care personnel in accordance with current CDC recommendations. When influenza is identified as a cause of a respiratory disease outbreak among nursing home residents, use of antiviral medications for [chemoprophylaxis](#) is recommended for all non-ill residents (regardless of whether they have received influenza vaccination) living on the same unit as the resident with the laboratory-confirmed influenza (outbreak affected units).

Consideration may be given for extending antiviral chemoprophylaxis to residents on other unaffected units or wards in the long-term care facility based upon other factors (e.g. unavoidable mixing of residents or healthcare personnel from affected units and unaffected units). Antiviral chemoprophylaxis is meant to prevent transmission for residents who are not exhibiting influenza-like illness but who may be exposed or who may have been exposed to an ill person with influenza.

For unvaccinated health care personnel, antiviral chemoprophylaxis can be offered. For newly vaccinated staff, antiviral chemoprophylaxis can be offered for up to two weeks (the time needed for antibody development) following influenza vaccination. Prophylaxis should be considered for all employees, regardless of their vaccination status, if the outbreak is caused by a variant strain of influenza that is not well-matched by the vaccine. For institutional outbreak management, antiviral chemoprophylaxis should be administered for a minimum of two weeks and continue for at least seven days after the last known case was identified.

Persons receiving antiviral chemoprophylaxis should be actively monitored for potential adverse effects and for possible infection with influenza viruses that are resistant to antiviral medication. Dosage recommendations vary by age group and medical condition. Pre-approved medication orders or plans to obtain physicians' orders on short notice should be in place to ensure that chemoprophylaxis can be started as soon as possible. For more information about the use of antiviral medication to control influenza, visit [CDC's website](#).

For additional information or questions about influenza outbreaks, please contact your local health department.

## **V. References**

1. “Interim Guidance for Influenza Outbreak Management in Long-Term Care Facilities” from CDC (CDC - last updated 11/18/2019)  
<http://www.cdc.gov/flu/professionals/infectioncontrol/ltc-facility-guidance.htm>
2. 2007 Guideline for Isolation Precautions: Preventing Transmission of Infectious Agents in Healthcare Settings  
<http://www.cdc.gov/hicpac/2007IP/2007isolationPrecautions.html>
3. Clinical Description & Lab Diagnosis of Influenza  
<http://www.cdc.gov/flu/professionals/diagnosis/index.htm>
4. State of Illinois Administrative Code Title 77: Public Health  
<http://www.ilga.gov/commission/jcar/admincode/077/077parts.html>
5. State of Illinois Administrative Code Title 89: Social Services (Subpart B: Supportive Living Facilities)  
<http://www.ilga.gov/commission/jcar/admincode/089/08900146sections.html>
6. Illinois Weekly Influenza Surveillance Reports and Updates  
<http://www.dph.illinois.gov/topics-services/diseases-and-conditions/influenza/surveillance>
7. Prevention and Control of Seasonal Influenza with Vaccines; Recommendations of the Advisory Committee on Immunization Practices – United States, 2020-21 Influenza Season  
[https://www.cdc.gov/mmwr/volumes/69/rr/rr6908a1.htm?s\\_cid=rr6908a1\\_w&deliveryName=USCDC\\_7\\_3-DM35973](https://www.cdc.gov/mmwr/volumes/69/rr/rr6908a1.htm?s_cid=rr6908a1_w&deliveryName=USCDC_7_3-DM35973)

### **List of Attachments:**

1. [Regional and Other LTC Contacts](#)
2. [Regional Counties List](#)
3. [IDPH Influenza Outbreak Report Form](#)
4. [Influenza Surveillance for Congregate Settings Outbreak Log](#)
5. [Employee Influenza Vaccination Tracking Form](#)

**IDPH LTC Regional and Other Long Term Care Contacts**

|   |  |
|---|--|
| <p><b>REGION 1 – ROCKFORD</b><br/> 4302 North Main Street<br/> Rockford, IL 61103<br/> 815-987-7511<br/> William Schubert</p>                                   | <p><b>REGION 2 – PEORIA</b><br/> 5415 N. University Street<br/> Peoria, IL 61614<br/> 309-693-5360<br/> Michelle Thompson</p>  |
| <p><b>REGION 4 – EDWARDSVILLE</b><br/> 22 Kettle River Drive<br/> Glen Carbon, IL 62034<br/> 618-656-6680<br/> Keo Sabengsy</p>                                 | <p><b>REGION 5 – MARION</b><br/> 2309 W. Main Street<br/> Marion, IL 62959<br/> 618-993-7010<br/> Keo Sabengsy</p>   |
| <p><b>REGION 6 – CHAMPAIGN</b><br/> 2125 S. 1<sup>st</sup> Street<br/> Champaign, IL 61820<br/> 217-278-5900<br/> Michelle Thompson</p>                         | <p><b>REGION 7 – WEST CHICAGO</b><br/> 245 W. Roosevelt Road, Bldg. #5<br/> West Chicago, IL 60185<br/> 630-293-6900<br/> William Schubert</p>   |
| <p><b>REGION 8/9 - BELLWOOD</b><br/> 4212 W. St. Charles Road<br/> Bellwood, IL 60104<br/> 708-544-5300<br/> Janette Williams-Smith<br/> Kimberly Hollowell</p> | <p><b>ICF/IID and Under 22 Facilities &amp; SMHRF</b><br/> 525 West Jefferson, 5<sup>th</sup> Floor<br/> Springfield, IL 62761-0001<br/> 217-782-5180<br/> Daniel Levad</p>                        |
| <p><b>Assisted Living Facilities</b><br/> 525 West Jefferson, 5<sup>th</sup> Floor<br/> Springfield, IL 62761-0001<br/> 217-785-9174<br/> Lynda Kovarik</p>     | <p><b>Illinois Department of Healthcare and Family Services-Supportive Living Facilities</b><br/> 201 S. Grand Avenue, 3rd Floor<br/> Springfield, IL 62763<br/> 217-782-1868<br/> Kara Helton</p> |

**Regional Counties**

**REGION 1 – ROCKFORD**

|         |           |          |         |            |           |
|---------|-----------|----------|---------|------------|-----------|
| Boone   | DeKalb    | Lake     | McHenry | Stephenson | Winnebago |
| Carroll | Jo Davies | Lee Ogle | Ogle    | Whiteside  |           |

**REGION 2 – PEORIA**

|        |           |           |             |          |
|--------|-----------|-----------|-------------|----------|
| Adams  | Hancock   | Logan     | Mercer      | Stark    |
| Brown  | Henderson | Marshall  | Peoria      | Tazewell |
| Bureau | Henry     | Mason     | Putnam      | Warren   |
| Cass   | Knox      | McDonough | Rock Island | Woodford |
| Fulton | LaSalle   | Menard    | Schuyler    |          |

**REGION 4 – EDWARDSVILLE**

|           |          |            |          |            |
|-----------|----------|------------|----------|------------|
| Bond      | Greene   | Monroe     | Pike     | Scott      |
| Calhoun   | Jersey   | Montgomery | Randolph | St. Clair  |
| Christian | Macoupin | Morgan     | Sangamon | Washington |
| Clinton   | Madison  |            |          |            |

**REGION 5 – MARION**

|           |          |           |          |            |
|-----------|----------|-----------|----------|------------|
| Alexander | Franklin | Jefferson | Perry    | Union      |
| Clay      | Gallatin | Johnson   | Pope     | Wabash     |
| Crawford  | Hamilton | Lawrence  | Pulaski  | Wayne      |
| Edwards   | Hardin   | Marion    | Richland | White      |
| Effingham | Jackson  | Massac    | Saline   | Williamson |
| Fayette   | Jasper   |           |          |            |

**REGION 6 – CHAMPAIGN**

|            |         |            |          |           |
|------------|---------|------------|----------|-----------|
| Champaign  | DeWitt  | Ford       | Macon    | Piatt     |
| Clark      | Douglas | Iroquois   | McLean   | Shelby    |
| Coles      | Edgar   | Livingston | Moultrie | Vermilion |
| Cumberland |         |            |          |           |

**REGION 7 – WEST CHICAGO**

|        |          |         |
|--------|----------|---------|
| DuPage | Kane     | Kendall |
| Grundy | Kankakee | Will    |

**REGION 8/9 – BELLWOOD**

Cook County – Outside of Chicago (Collar Counties)



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**IDPH INFLUENZA OUTBREAK REPORT FORM FOR CONGREGATE SETTINGS**  
**(e.g. Long Term Care & Correctional Facilities)**

Fax, along with the Outbreak Log, to your Local Public Health Department to report an outbreak

|  |                             |  |
|--|-----------------------------|--|
| <b>Facility Name</b>   |                             |  |
| <b>Name of Reporter</b>  |                             | <b>Title:</b>  |
| <b>Date of Report</b>  |                             |  |
| <b>Address:</b>  |                             |  |
| <b>City</b>  | <b>County</b>               | <b>Zip</b>   |
| <b>Phone #</b>   |                             | <b>Fax #</b>   |
| <b>FACILITY INFORMATION</b>  |                             |  |
| <b>Total # of residents in the facility at the time of the outbreak (total exposed):</b> _____   |                             | <b>Total number of staff:</b> _____                                    |
| <b>Number of residents in the facility currently with influenza-like illness (ILI):</b> _____  |                             | <b>Number of staff currently with ILI:</b> _____                       |
|  |                             | <b>% of residents vaccinated with seasonal flu vaccine:</b> _____      |
|  |                             | <b>% of staff vaccinated with seasonal flu vaccine:</b> _____          |
|  |                             | <b>% of outbreak cases vaccinated with flu vaccine:</b> _____          |
| -----<br><b>(ILI) [Fever &gt;100° F [37.8° C] or higher orally AND new onset cough or sore throat]</b><br>-----  |                             |  |
| <b>(for those with ILI)</b>  |                             |  |
| <b># Seen by Provider</b> _____  | <b># Hospitalized</b> _____ | <b># Fatalities</b> _____  |
| <b>Date of symptom/onset detection for the first case of ILI during the outbreak:</b>  |                             | <b>Dates of onset for most recent case of ILI during the outbreak:</b> |
| <b>Type of setting:</b> <input type="checkbox"/> Correctional Facility <input type="checkbox"/> Long-Term Care Facility <input type="checkbox"/> Group Home<br><input type="checkbox"/> Other _____                                  |                             |  |
| <b>If long-term care facility, please specify (check only one):</b><br><input type="checkbox"/> Skilled Nursing <input type="checkbox"/> Assisted Living <input type="checkbox"/> Combined Care <input type="checkbox"/> Other _____ |                             |  |
| <b>Have specimens been sent to a laboratory for confirmation of influenza:</b> <input type="checkbox"/> Yes <input type="checkbox"/> No  |                             |  |
| <b>If Yes, names of laboratories:</b> _____  |                             |  |
| <b>Influenza test results to date:</b>   |                             | <b>Infection Control Actions Planned:</b>                              |
| <b>Name of test:</b>   |                             |  |
| <b>Number of positive tests (Include type/subtype):</b>  |                             |  |
| <b>Number of negative tests:</b>   |                             |  |

Thank you for your assistance with influenza surveillance in Illinois.  
 Contact your local health department, or IDPH Communicable Disease Section 217-782-2016  
 (After hours: 1-800-782-7860 or 1-217-782-7860) if you have questions.

**Influenza Surveillance for Congregate Setting Outbreak Log**

Suspect outbreaks should be investigated and tested to confirm the etiology. Suspect outbreaks should be reported to your local health department who will then report confirmed influenza outbreaks in the Outbreak Reporting System (ORS) to IDPH.

Facility Name: \_\_\_\_\_

List all ill residents and employees. Designate employees with an “E” by their names.

| Name | DOB | Unit or Wing | Onset Date | Symptoms/ Signs* | Influenza Specimen Collection Date | Lab Result | Seasonal Flu Vaccine Date | Hospitalized (Y/N) | Died (Y/N) |
|------|-----|--------------|------------|------------------|------------------------------------|------------|---------------------------|--------------------|------------|
|      |     |              |            |                  |                                    |            |                           |                    |            |
|      |     |              |            |                  |                                    |            |                           |                    |            |
|      |     |              |            |                  |                                    |            |                           |                    |            |
|      |     |              |            |                  |                                    |            |                           |                    |            |
|      |     |              |            |                  |                                    |            |                           |                    |            |
|      |     |              |            |                  |                                    |            |                           |                    |            |
|      |     |              |            |                  |                                    |            |                           |                    |            |
|      |     |              |            |                  |                                    |            |                           |                    |            |
|      |     |              |            |                  |                                    |            |                           |                    |            |

Reviewed 08/2019

\* Symptoms/Signs: e.g. cough(C), fever (F), sore throat (ST), or Other (O) {list: i.e., chills (CH), pneumonia (P), myalgias (M)}





