

Adult Care Facilities and the 2009 Swine Flu Outbreak **What you can do? What you should know?**

Conference Call with the New York City Department of Health and Mental Hygiene

When: Tuesday April 28, 2009 at 1pm

Call-in Number: 888-808-8526 **Access code:** 250023

Presenters/Discussants: Dr. Debra Berg and Dr. Christopher Godfrey
The New York City Department of Health and Mental Hygiene Healthcare Emergency Preparedness Program

Who should Attend: Adult care facility administrators ***and*** any medical providers (MD/DO, RN, etc.) associated with their facility such as residents' doctors, home health care aide or nursing supervisors or visiting nurses, resident directors.

NYC DOHMH recommends that administrators and providers coordinate with each other to attend this call together.

Topics:

- Outbreak update
- Swine Flu: What symptoms ACFs should look out for?
- Screening and Isolation capacity
- Situational Awareness: Are you seeing any signs of flu? What you should do if you see increased flu in your facility.
- 'COVER YOUR COUGH' poster from DOHMH: Does your facility have them? Do you need them? How to get them.
- Key Swine Flu speaking points for Administrators and ACF health care providers
- Outreach to local ACF health care providers
- Messages for Residents, their families, staff, ACF-allied health care providers
- Next conference call

The Brookdale Center for Healthy Aging and Longevity

Faxback # 212-481-3791 Attn: Matthew Khaled



The Emergency Preparedness Forum
for NYC Adult Care Facilities

Tuesday, April 28, 2009, 1pm

Tuesday, May 5, 2009, 1pm

Audio Conference Program Evaluation

Topic: ACFs and the 2009 Swine Flu Outbreak – What You Should Know. What You Can Do.

*Thank you for completing this evaluation. Your feedback is very important to us.
Completion of this evaluation will help us to improve future offerings to meet your needs.
Please send it via fax to 212-481-3791 Attn: Matthew Khaled*

*Please indicate which of the following forums you attended by checking the appropriate date below.

___ Tuesday, April 28, 2009

___ Tuesday, May 5, 2009

Please, rate each aspect of the ACF EP Central Audio Conference using the following scale:	Strongly disagree 1	Disagree 2	Agree 3	Strongly agree 4
The audio conference				
1. Met its described objectives/purposes <i>- Updated audience on the swine flu outbreak in NYC, gave information about flu symptoms and risk factors, provided guidance on what ACFs can do to contain or stop swine flu from spreading in their facilities, and offered resources for more information on swine flu.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After participating in this audio conference, I learned (or was reminded of)				
2. what has been happening in the swine flu outbreak in NYC	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. what the NYC Health Department has been doing to investigate the outbreak	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. the symptoms of influenza <i>(the same for swine flu and seasonal flu)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. risk factors for swine flu <i>(travel to Mexico and/or attending St. Francis Preparatory Academy in Queens)</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. some ways that an ACF can contain the spread of swine flu through up-front screening techniques, such as <i>- asking visitors and residents if they or some have recently traveled to Mexico</i> <i>- asking visitors and residents if they or some go to or work at St. Francis Preparatory Academy in Queens</i> <i>- asking people if they have signs of the flu such as fever and sore throat or a cough, etc.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. some ways that an ACF can contain the spread of swine flu through isolating residents who may be ill and have risk factors such as asking them to 1) stay in their room and to take their meals there, and 2) wear masks when in public settings in the facility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The Brookdale Center for Healthy Aging and Longevity

Faxback # 212-481-3791 Attn: Matthew Khaled

8. some ways to increase awareness of hand and respiratory hygiene such as displaying 'COVER YOUR COUGH' posters and putting hand hygiene dispensers in common areas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--	--------------------------	--------------------------	--------------------------	--------------------------

Please tell us about the audio conference's organization				
9. The audio conference was presented in an organized manner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. The pace of the conference was appropriate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. There was adequate time for questions and answers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The presenters (Dr. Berg and C. Godfrey)				
12. Appeared to be competent in the subject matter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Appeared to be prepared	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Encouraged audience participation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Summarized material and emphasized essential points	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please, rate each aspect of the ACF EP Central Audio conference using the following scale	Strongly disagree 1	Disagree 2	Agree 3	Strongly agree 4
The moderator (M. Khaled and M. Caron)				
16. Provided appropriate guidance for call participants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Gave an appropriate overview of the call agenda	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please, rate each item below using the following scale	Poor 1	Adequate 2	Good 3	Excellent 4
18. Overall, please rate today's audio conference	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Overall, please rate the sound/audio quality of the conference (<i>Did you have any difficulty hearing the call, that you think was due to the Brookdale's technology?</i>).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

20. What topics that were not included in today's discussion would you like to hear more about?

21. Please share any comments you have about today's audio conference.

May we contact you regarding your evaluation? If so, please provide your contact information here.

Name: _____

Facility: _____

Phone: _____ Email address: _____



▪ **Swine Flu Outbreak UPDATES**

The **New York City Department of Health and Mental Hygiene (NYC DOHMH)**, **New York State Department of Health (NYS DOH)** and the **Centers for Disease Control and Prevention (CDC)** have distributed information on the current swine flu outbreak..

- CDC provides regular updates on the national status of the swine flu outbreak: www.cdc.gov/swineflu/
- NYC DOHMH's **Swine Influenza: What New Yorkers Need To Know** Factsheet: www.nyc.gov/html/doh/downloads/pdf/cd/swine_flu_faq.pdf
- NYC DOHMH's April 27, 2009 press release – Investigation of New York City Swine Flu Cluster Continues; Symptoms Remain Mild: www.nyc.gov/html/doh/html/pr2009/pr017-09.shtml

Where can I get up-to-date information on swine flu?

- NYC DOHMH website: www.nyc.gov/html/doh/html/home/home.shtml
- NYC DOHMH HEALTH ALERTS: www.nyc.gov/html/doh/html/home/home.shtml
- New York State Department of Health www.health.state.ny.us/diseases/communicable/influenza/seasonal/swine_flu/index.htm
- ★ Centers for Disease Control and Prevention (CDC) web pages: www.cdc.gov/swineflu/index.htm
www.cdc.gov/swineflu/key_facts.htm
- PandemicFlu.gov www.pandemicflu.gov/faq/swineflu/
- World Health Organization www.who.int/csr/disease/swineflu/en/index.html

▪ **What symptoms of swine flu should ACFs look out for?**

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include

- fever
- cough
- fatigue
- sore throat
- body aches
- headache
- chills

Some people have reported **diarrhea** and **vomiting** associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.



How does swine flu spread?

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

If someone has swine flu, how contagious are they?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu?

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Screening and Isolation Capacity : Please note that infection control recommendations may evolve as we come to have a better understanding of the evolution of this new virus.

CDC strongly recommends home isolation of individuals with mild influenza-like illness and with epidemiologic risk factors:

- Persons who develop influenza-like-illness (ILI) (fever with either cough or sore throat) and who have an epidemiologic risk factor for swine influenza (i.e., close contact with someone who is suspected or confirmed to have swine flu, close contact associated with an ill person from St. Francis Preparatory High School, travel to Mexico) should be strongly encouraged to self-isolate in their home for 7 days after the onset of illness or at least 24 hours- 48 hours after symptoms have resolved, whichever is longer. Persons who experience ILI and wish to seek medical care should contact their health care providers to report illness (by telephone or other remote means) before seeking care at a clinic, physician's office, or hospital. Persons who have difficulty breathing or shortness of breath or are believed to be severely ill should seek immediate medical attention.
- If ill persons **must** go into the community (e.g., to seek medical care) they should wear a face mask to reduce the risk of spreading the virus in the community when they cough, sneeze, talk or breathe. If a face mask is unavailable, ill persons needing to go into the community should use a handkerchief or tissues to cover any coughing. If possible, alcohol hand rubs should be carried with them so that hand hygiene can be performed after coughing or sneezing.
- Persons in home isolation and their household members should be given infection control instructions: including frequent hand washing with soap and water. Use alcohol-based hand gels (containing at least 60% alcohol) when soap and water are not available and hands are not visibly dirty. When the ill person is within 6 feet of others at home, the ill person should wear a face mask if one is available and the ill person is able to tolerate wearing it.

For more information go to: www.cdc.gov/swineflu/swineflu_you.htm

Should We Wear Masks or Respirators?

Masks are one way of keeping a contagious respiratory disease like swine flu from spreading. Heightened infection control for diseases like swine flu involve good respiratory hygiene and etiquette (e.g., covering your nose or mouth when you sneeze or cough); and at-the-door prevention techniques such as asking people if they have a fever, cough or other flu-like symptoms. In ACFs where people often dine or congregate together, people who feel sick with flu-like symptoms should be asked to stay in their room or apartment and take their meals there.

Healthcare workers should wear a mask if they believe that they are working with a person who has swine flu. If you will be doing any procedure or collecting specimens that will exacerbate the patients cough (e.g., nebulizer treatments, aerosol generating procedures), then the patient should be brought to a separate room (preferably and airborne infection isolation room, AIIR) and the healthcare provider should wear an N95 respirator and goggles.

For more information go to: www.cdc.gov/swineflu/masks.htm



What should Health Aides, Other Caregivers, Visitors and Family do?

Monitor yourselves closely for the development of influenza-like symptoms. If you get sick with fever, cough, or sore throat, stay at home. Sick persons should not have visitors while they are ill with influenza or an influenza-like illness. If anyone who does not live with the patient must enter the home, they should avoid contact with the sick person. All persons in the household, especially those who must come in close contact with the sick person should clean their hands with soap and water or an alcohol-based hand rub frequently and after every contact with the sick person.

If someone else is washing the used linens (such as bed sheets and towels) for the sick person, they should use household laundry soap and tumble dry on a hot setting. Avoid “hugging” laundry prior to washing it to prevent self-contamination and clean hands with soap and water or alcohol-based hand rub right after handling dirty laundry. Close contacts may consider using a facemask (e.g. surgical mask) or an N95 respirator. These can be purchased at a pharmacy or hardware store. If a reusable fabric facemask is used, it should be laundered with normal laundry detergent and tumble-dried in a hot dryer.

Practice good hygiene and health habits including covering your nose and mouth with a tissue when coughing or sneezing, washing your hand often, avoiding touching your eyes, nose or mouth, and practicing other good health habits such as getting plenty of sleep and managing your stress. Also try not touch surfaces that may be contaminated with the flu virus..

For more information go to:

www.cdc.gov/flu/protect/habits.htm?s_cid=swineFlu_outbreak_internal_003

www.cdc.gov/flu/toolkit/

www.cdc.gov/swineflu/guidance_homecare.htm



▪ **Situational Awareness: How to prevent or contain flu in your facility?**

Here are some things that you can do to reduce the opportunities for flu to spread in your facility.

Residents:

- Ask residents with fever, cough or other signs of flu to stay in their room if they have mild illness
- If residents have more severe illness they should see their doctor for evaluation and treatment

Residents' Family Members:

- A resident's family members who are ill should refrain from being with resident until they have recovered.

- Observe all who enter the facility and ask all visitors coming into the facility if they how they have been feeling and if they have had symptoms of the flu lately (fever, cough, etc.).
- Provide tissues and hand hygiene products at the entryway.

Staff:

- Ask staff with fever, cough or other signs of flu to stay home at the earliest signs of illness
- Post respiratory hygiene and etiquette posters in prominent areas throughout the facility, particularly in public place, staff areas and near residents' rooms and at entrances.

▪ **DISPLAY ‘COVER YOUR COUGH’ posters**



It's a good idea to have ‘**COVER YOUR COUGH**’ posters displayed and visible in all public areas.

The following publications are available **free of charge**. To order bulk quantities of a poster or a publication, please call 212-720-7136. To View or Download a publication, go to <http://www.nyc.gov/html/doh/html/cd/cdmaterials.shtml>

Individual links to materials related to flu prevention are listed below:

Cover Your Cough (Brochure & Posters for Clinics and Communities)

Available in: English, Arabic, Bengali, Chinese, Creole, French, Hebrew, Hindi, Korean, Russian, Spanish, Urdu)

<http://www.nyc.gov/html/doh/html/cd/cd-cough.shtml>

STOP Triage Posters for Waiting Areas (Available in English, Spanish, Chinese)

English Triage Poster (STOP Poster)

<http://www.nyc.gov/html/doh/downloads/pdf/cd/res-poster-clinics.pdf>

Chinese Triage Poster (STOP Poster)

<http://www.nyc.gov/html/doh/downloads/pdf/cd/res-poster-clinics-ch.pdf>

Spanish Triage Poster (STOP Poster)

<http://www.nyc.gov/html/doh/downloads/pdf/cd/res-poster-clinics-sp.pdf>

Adult Wash Your Hands Posters (English)

<http://www.nyc.gov/html/doh/downloads/pdf/cd/cd-adult-handwash-poster.pdf>

Adult Wash Your Hands Poster (Spanish)

<http://www.nyc.gov/html/doh/downloads/pdf/cd/cd-adult-handwash-poster-sp.pdf>

Adult Wash Your Hands Poster (Chinese)

<http://www.nyc.gov/html/doh/downloads/pdf/cd/cd-adult-handwash-poster-ch.pdf>

Kids Wash Your Hands (English ONLY)

<http://www.nyc.gov/html/doh/downloads/pdf/cd/cd-kids-handwash-poster.pdf>

Nasopharyngeal Specimen Collection for Viral Respiratory Pathogens: A Guide for Providers (English ONLY)

<http://www.nyc.gov/html/doh/downloads/pdf/cd/cd-nas-specicol-poster.pdf>

Sequence for Donning and Removing Personal Protective Equipment (Bilingual English and Spanish)

http://www.nyc.gov/html/doh/downloads/pdf/cd/cdc_ppe.pdf



CDC “COVER YOUR COUGH” POSTERS

You can also get COVER YOUR COUGH flyers and posters from the CDC at www.cdc.gov/flu/protect/covercough.htm posters are available in downloadable PDF format in English, Spanish, Portuguese, French, Vietnamese, Tagalog, Chinese, Hmong and Khmer



Key Points for ACF Administrators and Health Care Providers

Up-front screening by ACF staff can prevent or limit swine flu transmission.

- ACF staff should have a heightened awareness for residents, visitors and staff with swine flu risk factors – influenza like illness with recent travel to Mexico or close contact with ill students or staff from St. Francis Preparatory Academy
- If staff have symptoms of mild flu-like illness **AND** they have epidemiologic risk factors for swine flu, they should stay home for seven (7) days or 24-48 hour after symptoms have resolved, whichever is longest. They should also see their medical provider if their symptoms worsen.
- If residents have risk factors and symptoms, they should not go out to the public for seven (7) days or 24-48 hours after resolution of symptoms, see a physician, take meals in their room and not have unnecessary visitors. They should be encouraged to practice hand hygiene and respiratory etiquette. When out of their room, such as when going from their room to a doctor’s appointment, they should wear a mask.
- When making an appointment with a physician for a person with risk factors and flu-like symptoms, be

certain to tell the doctor that the resident is suspected to have swine flu.

- For ACF health care providers: After ruling out other infectious disease causes, residents with severe flu-like symptoms and risk factors should be treated with Tamiflu.
- Health care aides of residents with symptoms and risk factors should stay home at the earliest signs of illness and should receive prophylaxis with Tamiflu.

QUESTIONS ABOUT A POSSIBLE SWINE FLU CASE AT YOUR FACILITY?

CONTACT DOHMH THROUGH THE PROVIDER ACCESS LINE
at **1-866-NYC-DOH1 (1-866-692-3641)**

ALL OTHER TIMES (Nights, Weekends, or Holidays):
Call the POISON CONTROL CENTER
at **1-(212)-POISONS / 1-(212)-764-7667**

- Next conference call : Tuesday May 5, 2009 at 1pm

[Go Back to DOH Page](#)

Health Department Continues Investigation of Swine Flu Cluster; Symptoms Remain Mild

FOR IMMEDIATE RELEASE

Press Release # 018-09

Tuesday, April 28, 2009

CONTACT: (212) 788-5290

Jessica Scaperotti/Erin Brady: PressOffice@health.nyc.gov

Health Department Continues Investigation of Swine Flu Cluster; Symptoms Remain Mild

Additional cases are expected; agency will reserve testing at this time for clusters of illness, or cases involving severe symptoms

April 28, 2009 – Swine flu is in New York City and, at least initially, appears to spread in patterns resembling a seasonal influenza, the Health Department said today.

Additional cases are likely to emerge in coming weeks. The agency will continue to investigate possible clusters. "We suspect that swine flu is the predominant strain of influenza in New York City right now," said Dr. Thomas R. Frieden, New York City Health Commissioner. "We will monitor apparent clusters, and investigate cases of severe illness. So far, virtually all confirmed and suspected cases have been mild and all the patients we know of have recovered or are recovering."

Monday night the Centers for Disease Control and Prevention confirmed 17 additional swine flu cases from the known cluster of illness at the St. Francis Preparatory School in Queens, bringing the total number of cases in New York City to 44. None of the patients with confirmed swine flu have suffered severe symptoms and all are recovering.

The Health Department sent five additional nasal-swab samples to CDC for confirmatory testing on Tuesday. All five were from patients with probable swine flu. These patients have tested positive for Influenza-A – a family that includes both human and porcine viruses – but the patients do not have any of the known human subtypes. Two of the probable infections involve people with links to Mexico, and three are from the school in Queens. As of today, every case of confirmed swine flu is associated with a known exposure category. Each affected person has some link to the St. Francis Preparatory school or to Mexico.

The Health Department continues to monitor health trends in New York City, coordinating closely with city, state federal officials. On Tuesday, the agency sent a medical team to monitor reports of flu-like illness among students at Public School Q177, in Queens. Approximately seven students have developed fever in recent days, and there may be links to students at the school in Queens. Health Department personnel interviewed school staff, reviewed records of the children who went home sick, reached out to affected families, and are arranging to collect nasal swabs for testing. If other children fall ill at the school, the Health Department will gather information as the children are sent home. There are *no* confirmed cases at this school, or at any other school in New York City except the St. Francis Preparatory School in Queens.

Swine flu is rare in people, and human cases typically involve people who have had direct contact with pigs. But probable person-to-person transmission is now being reported in Mexico, the United States and other countries. The symptoms seem to resemble those of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting as well. New Yorkers experiencing severe symptoms, such as difficulty breathing, should seek health care and treatment. Otherwise, the Health Department recommends at-home

care.

The Health Department is advising physicians not to over-prescribe Tamiflu for patients with mild symptoms. Antiviral medications should only be used for people with severe illness and to treat swine flu (or prevent it in those exposed to confirmed or likely cases) among those at risk of complications from flu, such as young children, the elderly and people with chronic medical conditions. The Health Department will continue to work with medical providers to test flu patients who develop severe illness or are associated with clusters, but does not currently recommend testing for all flu patients.

Eating pork or pork products cannot spread swine flu. The most effective way to lower the risk is for people with fever and either cough or sore throat to stay home.

- All New Yorkers should cover their mouths when they cough.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.

Flu epidemics evolve in unpredictable ways; it is impossible to know whether this one will dwindle, remain the same, or surge in coming weeks, and whether the illness will remain mild. Some severe cases are likely in people with underlying risk factors – such as young children, the elderly, and people with chronic medical conditions –the Health Department is watching closely for signs of increased virulence. For facts about influenza, and more information about swine flu, please visit the Health Department and CDC websites. Some specific resources:

From New York City Health Department

Facts about swine flu

http://www.nyc.gov/html/doh/downloads/pdf/cd/swine_flu_faq.pdf

From Centers for Disease Control and Prevention

General information about swine flu

http://www.cdc.gov/swineflu/general_info.htm

###

[Go Back to DOH Page](#)