

15. Appendices

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Appendix 1: Influenza Case Investigation Form

(This page contains form/s that are intended to be paper based that you can download and complete. If you are using any assistive technology and are unable to use the form please contact your local public health authority using the online form and feedback)

For use in instances where a novel influenza subtype or an untypable isolate is identified by the World Health Organization (WHO) Collaborating Centre for Reference and Research on Influenza.

1. Obtain permission from treating medical officer (not always practicable, but included as a courtesy to the treating doctor); ensure patient knows diagnosis and test result.

2. Telephone patient/carer Date ___/___/___ Time ___:___

3. Introduction: Greet, provide own Name, Public Health Unit name, & purpose of call. Explain the notification process and confidentiality.

4. Confirm patient name, date of birth, and postcode PHU ID: _____

Name: _____ DOB ___/___/___ Postcode _____

a) Establish/confirm Date of onset of ILI: ___/___/___

b) Check symptoms:

Fever Y N Sore throat Y N

Cough Y N Fatigue Y N

Muscle aches Y N Headache Y N

c) Occupation:

Health care worker? Y N

Involved with commercial live poultry OR pig handling? Y N

Obtain permission to inform DPI veterinary authorities of pig or poultry contact.

If yes to either question, record name and address of workplace.

Workplace name: _____

Workplace address: _____

d) Likely location of exposure: _____ (home state): Y N

Interstate/overseas visits? Y N

Location/s visited: _____ Date of return: ___/___/___

e) Recent interstate/overseas visitors: Record place of origin & ILI in visitor, if known.

Visitor place of origin: _____ ILI? Y N

Date of visit: Start: ___/___/___ End: ___/___/___

f) ILI among known contacts:

Anyone still ill? Y N

If yes, names, phone numbers:

5. Outcome of infection Recovered / Hospitalised / Died? (Please circle)

6. Willing to provide further test sample if required? Y N

7. Review

- Review case management to ensure relevant exclusions are in place
- inform person of requirement to inform other agencies, where needed
- notify infection control professionals, where appropriate.
- Ask if the person has any questions.

8. Provide (reaffirm) own Name, PHU name and telephone number.

Thank person for cooperation.

Comments:

Sign _____ Date ___/___/___

Appendix 2: Seasonal Influenza Case Investigation Form – death

(This page contains form/s that are intended to be paper based that you can download and complete. If you are using any assistive technology and are unable to use the form please contact your local public health authority using the Online form and feedback)

For use in instances where a novel influenza subtype or an untypable isolate is identified by the WHO Collaborating Centre for Reference and Research on Influenza and the patient has died.

1. Obtain permission from treating medical officer (essential); request name and contact details for next-of-kin. Ask if next-of-kin knows diagnosis, test result and cause of death.

2. Telephone next of kin Date ___/___/___ Time ___:___

3. Introduction: Greet, provide own Name, Public Health Unit name, & purpose of call.

Offer condolences, and apologise for intruding at a difficult time.

Explain the importance of the information required, notification process and confidentiality.

4. Confirm patient name, date of birth, and postcode PHU ID: _____

Name: _____ DOB ___/___/___ Postcode _____

5. Establish/confirm Date of onset of ILI: ___/___/___

6. Check symptoms

Fever Y N Sore throat Y N

Cough Y N Fatigue Y N

Muscle aches Y N Headache Y N

7. Occupation:

Health care worker? Y N

Involved with commercial live poultry OR pig handling? Y N

Obtain permission to inform DPI veterinary authorities of pig or poultry contact.

If yes to either question, record name and address of workplace.

Workplace name: _____

Workplace address: _____

8. Likely location of exposure: _____ (home state): Y N

Interstate/overseas visits? Y N

Location/s visited: _____ Date of return: __/__/__

9. Recent interstate/overseas visitors: Record place of origin & ILI in visitor, if known.

Visitor place of origin: _____ ILI? Y N

Date of visit: Start: __/__/__ End: __/__/__

10. ILI among known contacts:

Anyone still ill? Y N

If yes, names, phone numbers:

11. Outcome of infection Death

Establish/confirm Date of death: __/__/__

12. Official cause of death (coroner's report), if known _____

13. Review

- Review case management to ensure relevant exclusions are in place
- inform person of requirement to inform other agencies, where needed
- notify infection control professionals, where appropriate.
- Ask if the person has any questions.

14. Provide (reaffirm) own Name, PHU name and telephone number.

Thank person for cooperation.

Comments:

Sign _____ Date __/__/__

Appendix 3: Seasonal Influenza (Flu) – Fact Sheet

Influenza, commonly known as 'flu', is a respiratory infection of the nose, throat and lungs. Flu is caused by influenza viruses that are easily passed from person-to-person.

In areas with a temperate climate, seasonal influenza occurs in winter, but in more tropical areas flu circulates throughout the year.

How influenza is spread?

Influenza viruses spread when someone with the flu coughs or sneezes, creating airborne droplets that can land in the lining of the nose, throat or in the mouth of another person. Droplets can spread through the air over short distances.

Flu can also be spread by contact with hands, tissues, surfaces and other articles soiled by nose and throat discharges.

Signs and symptoms

Symptoms of all types of influenza are similar, and may include:

- Rapid onset of fever
- Cough
- Sore throat
- Headache
- Muscle aches
- Fatigue
- Sneezing
- Running nose.

Most people recover from the flu within a week, but cough and fatigue may persist.

Influenza is a serious disease that can cause infection of the lung (pneumonia) and other complications, even death. Some people are more at risk of these complications, particularly:

- Young children
- People aged 65 years and over
- Pregnant women
- Aboriginal and Torres Strait Islander Australians
- People with predisposed medical conditions such as lung and heart diseases, or diabetes etc.

Diagnosis

Laboratory tests confirm whether a person has the flu. A swab taken from the nose or throat is the best specimen to test. However, not everyone with symptoms needs to be tested. A doctor may diagnose flu from clinical signs, especially during the 'flu season'.

Incubation period

It takes an average of 2-3 days (range 1-7 days) for seasonal flu to show after a person has caught the flu virus.

When are people infectious?

Someone with the flu can infect others from 1 day before their symptoms begin, until 8 days later. Most people are highly infectious on the first 2 days after symptoms appear, and this drops to low levels by 5 days.

Some people, especially children and adults with weakened immune systems, might be infectious for longer than 7 days.

Treatment

Most people do not need specific treatment for influenza. They recover with rest, plenty of fluids and using paracetamol to relieve fever and pain.

People should seek medical advice if they experience any of the following:

- Symptoms that are getting worse
- Shortness of breath, or difficulty breathing
- Confusion
- Vomiting that prevents them keeping liquids down
- Dehydration symptoms (dizziness on standing, much less urine than normal).

Prevention

- Annual vaccination is the most important protection against catching flu. Vaccination reduces the risk of severe complications of the flu. It also reduces the chance of passing the flu to those who are at risk of complications. A new flu vaccine is needed each year because flu vaccines are changed to try to match current strains of the flu. Annual vaccination is recommended for anyone aged 6 months or older who wishes to reduce their risk of becoming ill with the flu. Some people qualify for free seasonal flu vaccine; ask your doctor about this.
- Hand washing reduces the spread of influenza. Wash hands using soap and water or an alcohol based hand rub after sneezing or coughing, and after contact with articles soiled by nose and throat discharges.
- Wipe frequently-touched surfaces regularly, using a cloth dampened with detergent, or a large alcohol wipe.
- Cover coughs and sneezes with a tissue or the elbow of your arm. Drop soiled tissues straight into a rubbish bin, then wash your hands.
- Exclude children with flu from school or childcare, and adults from work, until there has been no fever for 24 hours (without fever-reducing medicine).

- Keep away from others when ill; where possible, do not use public transport.

Influenza and pregnancy

Pregnant women are at higher risk of complications from the flu. The seasonal flu vaccine is safe to receive in any trimester of pregnancy. Through the National Immunisation Program, all pregnant women qualify for free seasonal flu vaccine. The best protection against flu for pregnant women is to have the seasonal flu vaccine.

Useful links

- [Immunise Australia Program](http://www.immunise.health.gov.au): www.immunise.health.gov.au
- [Wash, wipe, cover](http://www.sahealth.sa.gov.au/washwipecover)... don't infect another: www.sahealth.sa.gov.au/washwipecover
- [Hand hygiene](http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/protecting+your+health/preventing+disease+and+infection/hand+hygiene):
www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/protecting+your+health/preventing+disease+and+infection/hand+hygiene
- [Exclusion periods](http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+topics/health+conditions+prevention+and+treatment/infectious+diseases/exclusion+from+childcare+preschool+school+and+work) from childcare, preschool, school and work:
www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+topics/health+conditions+prevention+and+treatment/infectious+diseases/exclusion+from+childcare+preschool+school+and+work
- How to [wash and dry hands](http://www.health.gov.au/internet/main/publishing.nsf/Content/how-to-wash-and-dry-hands):
www.health.gov.au/internet/main/publishing.nsf/Content/how-to-wash-and-dry-hands
- The [flu and you](http://www.health.gov.au/internet/main/publishing.nsf/Content/the-flu-and-you-brochure): www.health.gov.au/internet/main/publishing.nsf/Content/the-flu-and-you-brochure
- [Transmission](http://www.health.gov.au/internet/main/publishing.nsf/Content/transmission-of-respiratory-diseases-and-managing-the-risk) of respiratory diseases and managing the risk:
www.health.gov.au/internet/main/publishing.nsf/Content/transmission-of-respiratory-diseases-and-managing-the-risk

Appendix 4: PHU Checklist

Patient ID number: _____

Contact the patient's doctor to:

- Ascertain patient's history
- Obtain patient's contact details and permission to contact the patient
- Confirm results of relevant pathology tests.

Contact laboratory to:

- Check samples received and obtain any outstanding results.

Confirm case

- Assess information against case definition, classify case.

Contact patient's employer (with informed permission) to:

- Liaise with employer for HCW cases in high risk settings with vulnerable patients.

Detection of a novel subtype or an untypable influenza isolate:

For cases requiring investigation, contact the patient (or care giver) to:

- Confirm onset date and symptoms of illness
- Identify likely source of infection
- Check infection control measures are in place
- Identify contacts and obtain their contact details
- Complete a Seasonal Influenza Case Investigation form
- Provide Seasonal influenza (Flu) Fact sheet.

Other issues (novel subtype):

- Where appropriate, report workplace location details from human cases to a jurisdictional animal health agency for risk assessment or investigation.