

**MARION COUNTY
HEALTH & HUMAN SERVICES
COMMUNICABLE DISEASE**

**RESPIRATORY
AND
GASTROINTESTINAL (GI)
OUTBREAK TOOLKIT
FOR LONG TERM CARE FACILITIES**

CREATED IN 2019. UPDATED JULY 2024.



Marion County
OREGON

Health & Human Services

RESPIRATORY OUTBREAKS



Marion County
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Health & Human Services

GUIDANCE FOR LONG TERM CARE FACILITIES

DO YOU HAVE AN OUTBREAK?

An outbreak is **two or more epidemiologically linked residents and/or staff** with the same symptom profile and/or test-confirmed respiratory pathogen within a 7-day period.

Report two or more ill residents and/or staff with the same symptom profile and/or lab results such as influenza (Flu), respiratory syncytial virus (RSV), COVID-19, etc. to Marion County Health and Human Services (MCHHS) as soon as possible.

WHAT TO KNOW WHEN YOU CALL:

In order to best assist you, please have answers for the following questions when calling to report respiratory illness:

- The number of residents and/or staff that are ill
- The total number of residents that live in the facility
- The total number of staff that work at the facility
- Date the symptoms began
- What symptoms are occurring
- What (if any) testing that has been completed
- Percentage of staff and residents who have received a Flu shot this year
- Percentage of staff and residents who are up to date with their Covid-19 vaccinations

Timely communication with Marion County is key and may shorten the duration of an outbreak.

QUESTIONS OR NEED TO REPORT?

Call Marion County Health & Human Services Communicable Disease Team at
503-588-5621.

HOW TO MINIMIZE SPREAD OF RESPIRATORY ILLNESS



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FLU AND COVID-19 SIGNS AND SYMPTOMS

- Fever or chills
- Headache
- Fatigue
- Cough
- Sore throat
- Runny nose or congestion
- Body aches
- Vomiting
- Diarrhea

COVID-19 may also cause new loss of taste or smell and/or shortness of breath or difficulty breathing.

TRANSMISSION

The flu is spread through respiratory droplets from coughing and sneezing. Those who are infected may spread illness for **up to 7 days** after becoming ill.

COVID-19 is also spread through respiratory droplets. Infected individuals may spread illness **2 days before symptoms begin and the 2-3 days after**. People who are immunocompromised or who were hospitalized may spread illness for longer periods of time.

HOW TO REDUCE SPREAD

- Frequently and thoroughly wash your hands. If soap and water are unavailable, use hand sanitizer.
- Cover your coughs and sneezes.
- Get vaccinated, keep up to date with Covid-19 boosters and annual Flu shots.
- Wear appropriate protective equipment when caring for ill individuals.
- If at all possible, cohort ill residents in private rooms.
- Ask ill residents to wear masks if they cannot isolate and are in common areas.
- Increase ventilation in the building by opening windows, turning on fans, etc.
- Stop group activities and communal dining during an active outbreak.
- Disinfect high touch surfaces and common areas.

QUESTIONS OR NEED TO REPORT?

Call Marion County Health & Human Services Communicable Disease Team at
503-588-5621.

DO YOU HAVE PLAN FOR TREATMENT AND PROPHYLAXIS?



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HAVING A PLAN FOR PROPHYLAXIS PRESCRIPTION AND DISTRIBUTION TO RESIDENTS MAY HELP TO PREVENT SPREAD AND DECREASE THE IMPACT OF ILLNESS DURING AN ACTIVE OUTBREAK.

PREVENTION

ENCOURAGE ALL EMPLOYEES AND RESIDENTS TO GET VACCINATED.



OUTBREAK SCENARIO



ANTIVIRALS SHOULD BE GIVEN TO ALL SYMPTOMATIC RESIDENTS WITHIN 48 HOURS AFTER SYMPTOM ONSET.

FOR CONTROL OF AN OUTBREAK IN A LTCF, PROPHYLAXIS IS RECOMMENDED FOR ALL RESIDENTS, REGARDLESS OF PRIOR VACCINATION.

QUESTIONS OR NEED TO REPORT?

Call Marion County Health & Human Services Communicable Disease Team at 503-588-5621.

HOW TO FILL OUT THE CASE LOG FOR RESPIRATORY OUTBREAKS

USE SEPARATE ROWS FOR EACH PERSON

FILL OUT ALL INFORMATION COMPLETELY

**PROVIDE COMPLETE NAMES AND DATE OF
BIRTHS FOR BOTH RESIDENTS AND STAFF**

**ACCURATELY INPUT DATE OF ONSET FOR
SYMPTOMS OR POSITIVE TEST RESULT**

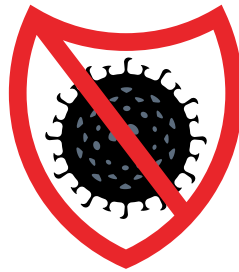




NOTICE!

**WE ARE CURRENTLY EXPERIENCING CASES OF
RESPIRATORY ILLNESS IN OUR FACILITY.**

**WE ARE WORKING WITH MARION COUNTY HEALTH
AND HUMAN SERVICES TO CONTAIN AND CONTROL
THIS CONTAGIOUS ILLNESS.**



**PLEASE DO NOT VISIT UNLESS YOU ARE FEELING
WELL, OR YOU HAVE BEEN SYMPTOM-FREE FOR AT
LEAST 24 HOURS.**

**IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING,
CONSIDER DELAYING YOUR VISIT:**

- Fever or chills
- Headache
- Fatigue
- Cough
- Sore throat
- New loss of taste or smell
- Runny nose or congestion
- Body aches
- Vomiting
- Diarrhea
- Shortness of breath



GASTROINTESTINAL (GI) OUTBREAKS



Marion County
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Health & Human Services

GUIDANCE FOR LONG TERM CARE FACILITIES

DO YOU HAVE AN OUTBREAK?

An outbreak is **two or more sick residents and/or staff** with the same symptom profile, including vomiting and diarrhea, and/or positive lab results within a short period of time. The timeframe is dependent on the pathogen.

Report two or more ill residents and/or staff with the same symptom profile and/or positive lab results such as norovirus, salmonella, etc. to Marion County Health and Human Services (MCHHS) as soon as possible.

WHAT TO KNOW WHEN YOU CALL:

In order to best assist you, please have answers for the following questions when calling to report respiratory illness:

- How many residents and/or staff are ill
- How many total residents live in the facility
- How many total staff work at the facility
- When symptoms began
- What symptoms are occurring
- What testing (if any) has been completed
- What control measures have already been implemented

Timely communication with Marion County is important and may shorten the duration of an outbreak.

QUESTIONS OR NEED TO REPORT?

Call Marion County Health & Human Services Communicable Disease Team at
503-588-5621.

HOW TO MINIMIZE SPREAD OF NOROVIRUS



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NOROVIRUS IS VERY INFECTIOUS. YOU MAY SPREAD IT TO OTHERS WHEN YOU HAVE SYMPTOMS AND DURING THE FIRST FEW DAYS AFTER SYMPTOMS ARE IMPROVING. SOME PEOPLE MAY EVEN SPREAD IT FOR LONGER.

NOROVIRUS IS SPREAD THROUGH

- Contact with infectious persons, their vomit and/or diarrhea
- Touching contaminated surfaces
- Consuming water or food that has been contaminated with norovirus

HOW TO REDUCE SPREAD

- Frequently and thoroughly wash your hands with soap and water.
- Keep ill employees home until they are symptom free for at least 48 hours.
- Increase disinfection of high touch surfaces and common areas. Be sure to follow wet contact time for appropriate disinfection.
- Wear appropriate protective equipment when caring for ill individuals.
- If at all possible, keep ill residents in private rooms. Keep ill and well residents separated.
- Immediately wash all soiled bed linens and clothing.
- Stop group activities and communal dining during an active outbreak.

USE ONLY EPA- REGISTERED ANTIMICROBIAL PRODUCTS. SEE THE LIST EFFECTIVE AGAINST NOROVIRUS [HERE](#).



QUESTIONS OR NEED TO REPORT?

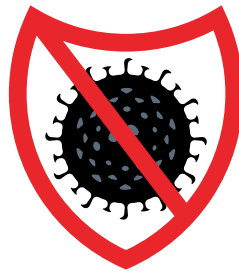
Call Marion County Health & Human Services Communicable Disease Team at 503-588-5621.



NOTICE!

**WE ARE CURRENTLY EXPERIENCING CASES OF
GASTROINTESTINAL ILLNESS IN OUR FACILITY.**

**WE ARE WORKING WITH MARION COUNTY HEALTH
AND HUMAN SERVICES TO CONTAIN AND CONTROL
THIS CONTAGIOUS ILLNESS.**



**PLEASE DO NOT VISIT UNLESS YOU ARE FEELING
WELL, OR YOU HAVE BEEN SYMPTOM-FREE
FOR AT LEAST 48 HOURS.**



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HOW TO FILL OUT THE CASE LOG FOR GI OUTBREAKS

USE SEPARATE ROWS FOR EACH PERSON

FILL OUT ALL INFORMATION COMPLETELY

**PROVIDE COMPLETE NAMES AND DATE OF
BIRTHS FOR BOTH RESIDENTS AND STAFF**

**ACCURATELY INPUT DATE OF ONSET FOR
VOMITING AND/OR DIARRHEA AND/OR LAB
RESULTS (IF KNOWN)**

**LIST DURATION IN HOURS FOR SYMPTOMS
OR EXACT DATE AND TIME IT STOPPED**



HOW TO COLLECT A STOOL SPECIMEN

1

- Wash hands before AND after specimen collection.
- Use a stool collection container OR a clean, dry container with a secure lid (preferably with a screw top).

2

- For Formed stool - Put a golf-ball sized stool into the collection container.
- For Loose stool - Collect about a quarter to half of a cup into the collection container.
- Make sure to secure the top to the collection container!

3

- Label container - Name of person submitting stool, date of birth, date of collection, time of collection, date & time of symptom onset.
- Keep container on ice or store in the refrigerator until delivery. Transport specimen on ice.

**UNLESS OTHERWISE SPECIFIED BY MCHHS,
ALL SPECIMENS SHOULD BE SUBMITTED THROUGH FACILITY
PROVIDER OR THE INDIVIDUAL'S PRIMARY CARE PROVIDER.**



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TOOLS & RESOURCES FOR INFECTION CONTROL AT LONG TERM CARE FACILITIES



*FOR ADDITIONAL INFORMATION,
CLICK ON TEXT TO GO TO LINKED WEB PAGE*

CRE (CARBAPENEM RESISTENT ENTEROBACTER)

[Oregon Health Authority - CRE Toolkit](#)

COVID-19

[CDC Covid-19 Guidance for Up-to-date Vaccinations](#)

[CDC- Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 \(COVID-19\) Pandemic](#)

[CDC - How to Protect Yourself and Others](#)

[CDC - Symptoms of Covid-19](#)

[EPA's List of Covid-19 Disinfectants - List N Tool](#)

[Oregon Health Authority - Covid-19 Investigative Guidelines](#)

[Oregon Health Authority - Interim Summary of Long-Term Care Facility Infection Control for Covid-19 and other Respiratory Pathogens](#)

[Oregon Health Authority - Vaccination Assistance and Locator](#)



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GASTROINTESTINAL ILLNESS

[Acute GI Illness and Norovirus](#)

[EPA's Registered Antimicrobial Products Effective Against Norovirus: List G Gastrointestinal Control Measures Report](#)

[Norovirus Outbreak Detection and Management](#)

[Oregon Health Authority Norovirus Outbreaks Investigative Guidelines](#)

INFLUENZA-LIKE ILLNESS (NON-COVID)

[CDC - Antivirals Fact Sheet](#)

[CDC - Influenza Information for Health Professionals](#)

[CDC - Flu Preventive Actions](#)

[CDC - Who Should and Who Should NOT Get a Flu Vaccine](#)

[Flu Outbreak Cheat Sheet](#)

[Influenza Control Measures Report](#)

[Oregon Health Authority Influenza Surveillance Data](#)

[Oregon Health Authority - Flu Prevention Information](#)

[Oregon Health Authority - Vaccination Assistance and Locator](#)

GENERAL INFECTION CONTROL & SIGNAGE

[CDC - Cover Cough Poster](#)

[EPA - Safe and Effective Disinfectant Use](#)

[Oregon Health Authority - LTCF Infection Control Resources](#)

[Oregon Health Authority - Request for Infection Control Consultation](#)



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CITATIONS FOR LTCF OUTBREAK GUIDANCE TOOLKIT

1. Centers for Disease Control and Prevention. (n.d.-b). How to protect yourself and others. Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
2. Centers for Disease Control and Prevention. (2023, August 25). Who should and who should not get a flu vaccine. Centers for Disease Control and Prevention. <https://www.cdc.gov/flu/prevent/whoshouldvax.htm>
3. Centers for Disease Control and Prevention. (2024, March 20). Preventive actions. Centers for Disease Control and Prevention. <https://www.cdc.gov/flu/prevent/prevention.htm>
4. Centers for Disease Control and Prevention. (n.d.-c). Infection control: Severe acute respiratory syndrome coronavirus 2 (SARS-COV-2). Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>
5. Centers for Disease Control and Prevention. (n.d.-a). How norovirus spreads. Centers for Disease Control and Prevention. <https://www.cdc.gov/norovirus/causes/index.html#:~:text=Norovirus%20spreads%20through%20sick%20people%20and%20contaminated%20surfaces,with%20norovirus%20has%20diarrhea%20that%20splatters%20onto%20surfaces.>
6. Norovirus outbreaks - investigative guidelines. Oregon Health Authority. (2010). <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/COMMUNICABLE/DISEASE/REPORTING/COMMUNICABLE/DISEASE/REPORTINGGUIDELINES/Documents/norovirus.pdf>
7. Novel coronavirus disease 2019 (covid-19). Oregon Health Authority. (2020). <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/COMMUNICABLE/DISEASE/REPORTING/COMMUNICABLE/DISEASE/REPORTINGGUIDELINES/Documents/Novel-Coronavirus-2019.pdf>

