

Tool 33: Declaring an Outbreak Over Influenza A and/or Influenza B Outbreak

- For a Seasonal Influenza A or B Outbreak, Antiviral Prophylaxis will remain in place until Day 8, when Day 0 is the Day Prophylaxis was started
- Other Outbreak Control Measures will remain in place until Day 10, when the Outbreak can be Declared Over

RATIONALE:

A person with Influenza usually sheds virus for 3-5 days. If this virus infects someone else, it usually takes 1 to 3 days to show symptoms, 3 to 5 days shedding + 1 to 3 days for a newly infected person to show symptoms = 4 to 8 days*

Due to the incubation and transmission periods, it is expected that new cases of influenza will continue to occur for up to 5 days after prophylaxis has been started. However, it is unusual to see new cases more than five full days after prophylaxis has been started. Consequently, antiviral prophylaxis can be stopped on Day 8 (when Day 0 is the day it was started), and the outbreak can be declared over on Day 10.

All new symptomatic residents should be swabbed to determine whether they are true influenza cases, whether there is resistance to the antivirals, or whether a non-influenza virus is also circulating.

Consult with your Public Health Contact for advice about stopping the antiviral prophylaxis and declaring the outbreak over ([Tool 2](#)).

Day outbreak declared	Day 0 Antiviral prophylaxis started	Days 1-5 Expect new influenza cases	Days 6-7 Expect no new influenza cases – if cases arise swab and consult	Day 8 Stop antiviral prophylaxis	Day 10 Stop other outbreak control measures OUTBREAK DECLARED OVER
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Contact Public Health ([Tool 2](#)), via the Respiratory Illness Outbreak (RION) notification e-mail, will inform Fraser Health Long Term Care, Assisted Living and Specialized Populations (RCALSP) Contracts and Services and Care Community Licensing that the Influenza Outbreak has been declared over and that Outbreak Control Measures have been terminated.

COVID-19 and Other Viral Respiratory Illness

- Refer to the appropriate checklists below for guidance