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PUBLIC HEALTH AND SOCIAL SERVICES DEPARTMENT

Flu, COVID-19, and RSV Factsheet for Long Term Care Facilities

	Flu	RSV	COVID
Symptoms	Fever Cough Fatigue Muscle soreness Sore throat Nasal congestion Headache Vomiting	Runny nose Decrease in appetite Cough Sneezing Fever Wheezing	Fever/Chills Cough Shortness of breath Fatigue Muscle soreness Headache Sore throat Loss of smell / taste
Transmission	Respiratory droplets Direct contact with droplets Objects with infectious material	Respiratory droplets Direct contact with droplets Objects with infectious material	Primarily through inhalation of/or mucous membrane exposure to fine respiratory droplets and aerosol particles but may occur by touching mucous membranes with contaminated hands.
Infectious Period	Begins 24 hours prior to onset of symptoms, may shed for 5 or more days after symptom onset.	May start 1-2 days before onset of symptoms and generally lasts 3-8 days. Although longer infectious periods are possible.	48 hours before symptom onset or positive test date if asymptomatic.
Isolation Guidance STAFF	Stay in isolation until 24 hours after fever resolution without the use of fever reducing medication (and if COVID has been ruled out). Ideally, staff should stay home for a minimum of 5 days.	People infected with RSV are usually contagious for 3 to 8 days. Staff should stay home until fever free for 24 hours without use of fever reducing medications and symptoms have greatly improved.	Dependent on staffing level For Conventional Staffing: HCP who test positive must isolate away from work for a full 10 days from onset/positive test date if asymptomatic OR 7 days with a negative antigen test within 48 hours of return date.
Isolation Guidance RESIDENTS	Standard and droplet precautions for all ill residents for 7 days after onset or 24 hours after they are fever free, whichever is longer.	Droplet precautions until fever free 24 hours without use of fever reducing medications and symptoms have greatly improved.	10-day isolation period for residents
Incubation Period	1-4 days	2-8 days	The estimated incubation period is 5 days (range 2-14 days)

Outbreak Criteria	<p>1 confirmed case in a resident or 2 or more suspected cases of the Flu in residents or staff.</p> <p>The Outbreak period is over when there are 7 days of no new cases or symptoms.</p> <p>Outbreak ends on day 8.</p>	<p>Not a reportable condition.</p> <p>No Outbreak definition.</p>	One confirmed facility acquired case in a resident.
Testing	If symptomatic test for both the Flu and COVID.	Antigen and PCR testing available.	Antigen and PCR testing available.
Screening	<p>Staff once a day</p> <p>Residents twice a day</p>	Consider per health care provider/infection preventionist recommendation.	Daily screening for residents and recommend screening for staff and visitors.
Prophylaxis	Prophylaxis available for individuals who are close contacts in high risk settings.	Prophylaxis available for infants and young children.	<p>No post exposure prophylaxis available.</p> <p>Individuals with specific risk factors may qualify for pre-exposure prophylaxis.</p>
Antiviral Treatment	Antiviral treatment available for individuals with risk factors for severe disease.	None	Antiviral treatment available for individuals with risk factors for severe disease.
Resources	<ul style="list-style-type: none"> • https://www.cdc.gov/flu/professionals/infectioncontrol/ltc-facility-guidance.htm • https://www.cdc.gov/flu/professionals/diagnostics/testing-management-considerations-nursinghomes.htm 	<ul style="list-style-type: none"> • https://www.cdc.gov/rsv/clinical/index.html • https://www.cdc.gov/rsv/high-risk/older-adults.html 	<ul style="list-style-type: none"> • https://doh.wa.gov/sites/default/files/2022-02/420-107-Guideline-COVID-19.pdf • https://doh.wa.gov/sites/default/files/2022-06/420-391-SARS-CoV-2-InfectionPreventionControlHealthcareSettings.pdf?uid=635fe3e51bc64

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