

Memorandum

Date: Wednesday, December 06, 2023

To: Physicians and Staff in Mayerthorpe

From: North Zone Medical Officers of Health, Alberta Health Services
Dr. Kathryn Koliaska, North Zone Lead

RE: Confirmed Influenza A Outbreak at Mayerthorpe Extendicare, 2023-EI-1715

Influenza A has been lab-confirmed at Mayerthorpe Extendicare, Mayerthorpe, with an Outbreak declared as of December 6, 2023. This may result in residents, patients or staff presenting for assessment/treatment or provision of prophylaxis prescription.

Prescribing information: [\[Product Monograph Template - Standard\] \(rochecanada.com\)](#)

- **Tamiflu® prophylaxis** is used for 10 days or duration of the exposure (outbreak) whichever is longer. Two refills of 5 days are recommended in case the outbreak is extended.

If a patient presents with illness to clinic/hospital/other setting please also consider influenza (in addition to COVID-19 and other circulating viruses) in your differential diagnosis for respiratory illness, including pneumonia, in any patient presenting with:

- acute onset of respiratory illness with new/worsening cough, AND
- one or more of the following: sore throat, joint pain, muscle aches, severe exhaustion, SOB.

Note: In children under age 5, gastrointestinal symptoms may also be present. In patients under age 5 or age 65 and older, fever may not be prominent.

Recommended actions include:

- 1) Appropriate respiratory precautions/isolation - in ER, immediate mask, triage and isolation ASAP.
- 2) Upon admission - at minimum contact and droplet precautions/indicated precautions as per IPC risk assessment. If aerosol-generating procedure, require gown/glove/N95mask/eye protection.
- 3) Testing by NP swab - flock swab and Universal Transport Medium (UTM – pink) available from ProvLab. *Ensure correct transport medium, or samples cannot be processed.* Please add EI# 2023-1715 if case resides or works at Mayerthorpe Extendicare.

If you have questions:

- 0800-1630h (daily including weekends and stat holidays) contact Communicable Disease Control, North Zone at 1-888-522-1919 or email CDOutbreak@albertahealthservices.ca indicating that you are inquiring about North Zone influenza outbreaks.
- After hours, contact North Zone Public Health on-call: 1-800-732-8981 who will consult with MOH on-call as necessary.

Thank you for your continued assistance and co-operation. Relevant outbreak management documents are posted on [MOH - North Zone | Alberta Health Services](#) for your reference.