



**Indiana**  
Department  
of  
**Health**

# Long-term Care NEWSLETTER

LTC Newsletter 2022-42

Nov. 22, 2022

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## LTC Update:

- **Quick Facts on Circulating Respiratory Viruses: Influenza (Flu), Respiratory Syncytial Virus (RSV) and COVID-19**
- **Influenza-Associated Death and Outbreak Reporting – Correction to LTC Newsletter 2022-40**

## Quick Facts on Circulating Respiratory Viruses: Influenza (Flu), Respiratory Syncytial Virus (RSV) and COVID-19

It's flu season, and visits for influenza-like illness (ILI) are increasing across the state. In addition, COVID-19 continues to circulate, and RSV has caused Indiana hospitals to be on high alert.

- **Influenza activity is high across the state.** Check your location in the Weekly Flu Reports IDOH by Districts: [IDOH Influenza Weekly Reports](#) and the [Indiana Influenza Dashboard](#)
- **COVID-19 ranges from Moderate to High Community Transmission** across the state. Check your location: [COVID-19 CDC Data Tracker](#)
- **RSV cases have substantially increased** in area hospital reports: [Health: Infectious Disease Epidemiology & Prevention Division: Respiratory Syncytial Virus \(RSV\)](#). RSV circulation starts in fall and peaks in winter. Anyone at high risk for severe RSV infection and individuals who interact with an older adult should take extra care to stay healthy.

## Core infection prevention (IP) strategies

It is important for everyone to remember the core infection prevention (IP) strategies listed below for respiratory illnesses. Facilities are encouraged to consider staff face mask policies and to offer

face masks at the entrances for visitors based on the prevalence of respiratory infections in your community and facility.

- Wash your hands often**  
[Wash your hands](#) often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Washing your hands will help protect you from germs. Have alcohol-based hand rubs (ABHRs) readily available throughout the facility and in staff nursing stations and break rooms.
- Keep your hands off your face**  
 Avoid touching your eyes, nose, and mouth with unwashed hands to stop the spread of germs.
- Avoid close contact with sick people**  
 Avoid close contact, such as kissing, and sharing cups or eating utensils with people who have cold-like symptoms.
- Cover your coughs and sneezes**  
 Cover your mouth and nose with a tissue or your upper shirt sleeve when coughing or sneezing. Throw the tissue in the trash afterward. [Cover your Cough Signage](#)
- Clean and disinfect surfaces**  
 Clean and disinfect surfaces and objects that people frequently touch, such as toys, doorknobs, and mobile devices. When people infected with RSV touch surfaces and objects, they can leave behind germs. Also, when they cough or sneeze, droplets containing germs can land on surfaces and objects.
- Stay home when you are sick**  
 If possible, stay home from work, school, and public areas when you are sick. This will help protect others from catching your illness.

| Virus    | Incubation period communicability  | TBP Precautions                                     | Duration of TBP   | RTW for HCP   |
|----------|--|---|---|---|
| COVID-19 | Infectious from 48 hours before the onset of symptoms or a positive test | Contact Droplet: N 95, gown, gloves, eye protection | 10-20 days based on severity of illness/ plus 24 hours without fever reducing medications<br><a href="#">Infection Control: Severe acute respiratory syndrome coronavirus 2</a> | <a href="#">Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2, CDC (9/23/22)</a> |

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|--|--|---|--|---|
|  |  |   | <a href="#">(SARS-CoV-2)</a> , CDC (9/23/22)   |   |
| <b><a href="#">Influenza (Flu)</a></b>                   | Contagious to others possibly 1-2 days before symptoms   | Droplet:<br>Regular face mask and standard precautions (i.e. gown and glove as needed)<br><a href="#">Transmission-Based Precautions</a>   Basics   <a href="#">Infection Control</a>   CDC | 7 days after symptom onset, AND 24 hours without fever-reducing medications                | When symptoms resolve, AND 24 hours without fever-reducing medications <a href="#">Prevention Strategies for Seasonal Influenza Healthcare Settings</a> |
| <b><a href="#">RSV (Respiratory Syncytial Virus)</a></b> | People infected with RSV are usually contagious for 3 to 8 days and may be contagious a day or two before they start showing signs of illness. | Contact<br>Droplet:<br>Regular face mask, gown, and gloves  | Duration of illness- usually 3-8 days or if severe, they may be infectious for longer time | Should wear mask and have symptoms resolve or improving and fever-free for 24 hours without fever-reducing medicine                                     |

### **CORRECTION: Influenza-Associated Death and Outbreak Reporting**

The IDOH Long-term Care Newsletter 2022-40, dated Nov. 3, included a reminder about influenza death reporting. The [Indiana Communicable Disease Reporting \(CDR\) Rule](#) mandates that influenza-associated deaths (at any age) must be reported to the Indiana Department of Health (IDOH) within 72 hours.

**Clarification:** This rule’s authority is for physicians, hospital administrators and laboratories. A physician working at a LTC facility or a lab that conducts the flu test for the LTC resident would have a reporting obligation, **not the LTC facility.**