## Influenza Prevention Based on Chain Of Infection

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<th>Influenza Prevention</th>
<th>Notes for pharmacy staff</th>
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| **Infectious agent** | □ Be aware of current strains and case reporting requirements  
□ Watch the CDC website [https://www.cdc.gov/flu/index.htm](https://www.cdc.gov/flu/index.htm) |
| **Reservoir** | □ Promote annual vaccination in everyone age 6 months or older |
| **Portal of exit** | Tell patients to...  
□ Limit contact with people who appear to be sick  
□ Isolate themselves if they have the flu and stay home for at least 24 hours or until the fever resolves  
□ Wash sheets, pillow cases and blankets weekly and hot water and separate each household members personal items (e.g. toothbrushes, razors)  
□ Remind all household members to use disposable tissues, cover their mouths when sneezing or blowing their noses, and wash their hands immediately afterward.  
□ Ensure infected family members have trash cans nearby to dispose of tissues and wipes; educate each household member to avoid placing soiled tissues on the ground or nearby surfaces  
□ Remind people to keep their hands away from the face and mouth. |
| **Transmission** | □ Remind patients to disinfect objects and surfaces such as telephones, computer keyboards, light switches, door knobs, remotes, and children’s toys  
□ The Environmental Protection Agency only allows manufacturers to use words like “sanitize” or “disinfect” on products that have proven ability to kill germs; look for these products.  
- The most commonly used products are Pine Sol, Clorox, and Lysol  
- Lemon juice, lavender, and tea tree oil or natural products that have disinfectant properties  
- A mixture of 1/4 cup chlorine bleach to 1 gallon hot water will also disinfect  
□ Consider using washing machine or the dishwasher to clean communal items; many items can be washed in these appliances, and using hot settings and soap can disinfect |
Influenza Prevention Based on Chain Of Infection

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| Portal of entry            | Nose/mouth             | □ Advise frequent handwashing (**BEST PREVENTIVE METHOD**) with soap and water, especially before eating and after using the bathroom.  
□ If soap is unavailable, alcohol-based hand rubs with at least 60% alcohol are recommended  
□ Evidence that facemasks prevent influenza transmission is lacking but CDC recommends facemasks when  
• Healthcare personnel enter a room belonging to a patient with suspected or confirmed influenza  
• Patients with suspected influenza leave their rooms, must leave home, or enter a healthcare facility |
| Vulnerable hosts           | Everyone; some people at greater risk | Promote annual influenza immunization, especially among high-risk groups  
• Children younger than five, especially those younger than 2  
• Adults 65 years of age and older  
• Pregnant women and women up to 2 weeks postpartum  
• Residents of nursing homes and other long-term care facilities  
• Native Americans and Alaska Natives |

Sources: 10, 12-14