



Outbreak

Description

An outbreak is an increase in the number of infection cases greater than what would normally be expected.

When an outbreak occurs in an establishment, a sign indicating the affected care unit(s) is displayed at the entrance of the building.



Transmission Modes

- Direct contact: skin to skin (e.g. handshake, hug)
- Indirect contact: with a contaminated surface (e.g. door handles, telephone, bedding)
- Droplets: inhalation or ingestion of droplets projected into the air by an infected person when he/she speaks, coughs, sneezes or vomits. Droplets can be projected over a distance of up to two meters

Infection prevention and control measures

When a resident of a healthcare unit shows signs and symptoms of an infection, he/she must remain in his/her room during the contagion period. A sign is displayed at the entrance of the room indicating the measures in effect to prevent the transmission of the infection and the contamination of the environment.

Certain microorganisms (e.g. bacteria and viruses) are contagious before the appearance of signs and symptoms. Preventive measures can be put in place for users who have been in contact with a symptomatic person.

When an outbreak occurs in a healthcare setting, additional measures are applied to limit the transmission of the infection. The decision to put in place or to remove outbreak control measures is the responsibility of the Prevention and infection control service. The assessment of the situation is done on a daily basis in collaboration with healthcare staff and managers.

Examples of measures taken are:

- Increased cleaning and disinfection of the environment
- Asking users to stay in the care unit





Outbreak

- Restricting gatherings outside of the care unit and/or within the care unit (e.g. meals in communal dining rooms, group activities, spiritual services).

During gatherings, residents find themselves in close proximity to each other. Certain infections, such as influenza (flu) or gastroenteritis, can thus be more easily transmitted between residents.

What measures should visitors take during an outbreak?

In order to protect yourself and to reduce the risk of transmitting infections during an outbreak, we recommend that visitors postpone their visit.

If your visit cannot be postponed, you must:

- Perform hand hygiene upon entrance of the building AND upon entrance to the room
- Take note of the measures in effect presented on signs at the entrances of the unit(s) and apply them
- Refer to a nurse about whether to apply the measures displayed at the entrance of the room
- Perform hand hygiene when leaving the room
- Leave the building immediately without visiting other residents and avoiding common areas
- Perform hand hygiene when leaving the building

OUTBREAK INFO

Date : _____ Care Unit : _____

Measures in Effect on the Care Unit

Additional Precautions	Activities and Services
<input type="checkbox"/> Additional precautions are taken for symptomatic residents	<input type="checkbox"/> No group activities or gatherings outside of the care unit
<input type="checkbox"/> Additional precautions are taken for residents who were in contact with a symptomatic resident	<input type="checkbox"/> No group activities or gatherings on the care unit
<input type="checkbox"/> Spiritual care service is temporarily postponed	<input type="checkbox"/> Handwashing service is temporarily postponed
Meals	Circulation
<input type="checkbox"/> Meals must be taken on the care unit	<input type="checkbox"/> Circulation is restricted to required staff for care and services
<input type="checkbox"/> No communal meals on the care unit	<input type="checkbox"/> All residents must remain on the care unit
<input type="checkbox"/> All residents must stay in their rooms	
Visitors	
<input type="checkbox"/> Visits are temporarily discouraged	
<input type="checkbox"/> No visiting except for humanitarian reasons (i.e. palliative care)	

Other instructions to be respected by visitors

- Stay home if you are sick
- Wash your hands as you enter and exit the resident's room
- Avoid common areas
- Leave the building immediately without visiting other residents

Measures can be adjusted according to the risk assessment.

Thank you for your cooperation!
Infection Prevention and Control Service

Services intégrés
du réseau de santé
et de services sociaux
Québec

Avoid visiting if you are presenting signs and symptoms of contagious diseases (e.g. gastroenteritis, cold, flu).

Notice

Outbreak control measures are intended to reduce the risk of infection transmission to more vulnerable residents. We understand that these measures require an adaptation for users and their families. Your collaboration is essential to ensure the quality and safety of care and services offered.

If necessary, details may be requested from the nurse on the care unit.

