

Managing a COVID 19 outbreak

Michael Horsley
Nurse Manager IPC
CBMDC

Supporting resources available [here](#)



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

What we will cover

- What is COVID-19
- Signs and symptoms
- Identifying and outbreak
- Initial steps
- On-going management
- Outbreaks in extra care and supported living



Covid 19: what is it?

- Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus (WHO, 2020)
- COVID 19 infection is transmitted by respiratory droplets that are created by coughing and sneezing
- General belief is that these droplets can travel in the air for about 2 meters and then fall onto surfaces
- The virus can survive on surfaces including the skin for many days and be picked up by touching these surfaces and then touching the eyes, mouth or nose
- Can be found in the throat and nasal passages of those affected by the virus



COVID19:symptoms

- Symptoms start 5 -11 days after exposure
- Illness is similar to flu
- Most people have fever and dry cough (rapid onset)
- Most people have symptoms for 5 - 6 days
- 20% have more severe illness – from day 7
 - ↑ Shortness of breath
 - Lung inflammation
 - Pneumonia

Common Symptoms of COVID-19

Fever >37.8°C

Dry cough

Fatigue; drowsiness; confusion

Sputum

Shortness of breath

Muscle/joint pain

Sore throat

Headache

Hoarseness

Nasal discharge

New loss of taste and/or smell



Identifying an outbreak

- Two or more suspected or confirmed cases within a specific time frame
- Can be staff and/ or residents
- Time frame is within 14 day period
- May be identified due to symptoms or picked up on routine testing



Initial Steps

- Deep breath
- Prioritise safety of residents –isolate where possible
- Affected staff to self isolate for 10 days
- Communicate-staff, PHE, LA, DN service, super rota etc
- Restrict visitors to the home etc
- Document-outbreak checklist-enhanced cleaning, PPE use, waste management

Ongoing management

- Maintain isolation of residents
- Cohort staff if possible
- Maintain accurate records of dates of positive results
- Record observations of residents-monitor temperature, oxygen sats, food and fluid intake, conscious level
- Keep in regular contact with GP/super rota, IPC, COVID 19 support team
- Outbreak officially closed when 28 days post last positive case

Outbreaks in extra care & supported living

- Also two or more (linked) suspected or confirmed cases-may be picked up first in staff
- Assess service users-any symptomatic service users should be tested
- Isolate to their own areas/flats
- Close communal areas off
- Inform community services etc
- Inform IPC team

Post outbreak

- Post outbreak review
- Any lessons learnt which can be shared amongst staff and other colleagues
- Anything which may help other area-tips on managing residents, supporting staff etc

