Community case management during an influenza outbreak
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FLIP BOOK

To be used for community health education by community health workers

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Other sources are:


Integrated Management of Childhood Illness (IMCI) and Integrated Management of Adolescent and Adult Illness (IMAI) documents, available at:


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Instructions on how to use this flip book

This flip book is designed to be used by community health workers (CHW) as they are conducting health education sessions within their communities. CHWs will become familiar with this flip book and its contents, and have the opportunity to practise using it during their training.

Make the health education session, whether it is one-on-one or with a group of participants, engaging and interactive. In a group situation, make sure that all participants can see the illustrations in the flip book and can hear you speaking. The front pages of the flip book and illustrations should face the participants; on the back page there are notes and reminders about the information to be covered for the specific topics. Point to the illustrations and provide detailed information on each one of the topics, and do not simply read the notes. Allow participant(s) to ask questions, and clarify any misunderstandings, wrong information or concerns. You may also ask the participants to summarize the messages to make sure that the messages were understood correctly.

These instructions should be applied later when the CHW is conducting health education sessions in the community.
What is influenza?

- Influenza is a virus that has many different types. It can cause illness in both humans and animals. The virus is very small and cannot be seen with the human eye.
- Influenza infection primarily affects the upper respiratory system, and it is sometimes called the “flu”.
- Pandemic influenza occurs when a new type of influenza virus emerges to which the people do not have immunity and spreads from person to person around the world.
- Many cases of influenza infections will be mild to moderate severity, and can be managed at home with simple measures.
- However, influenza infection can be dangerous in groups at higher risk, such as:
  - Women who are pregnant
  - Infants and young children, particularly less than 2 years old
  - Elderly people more than 65 years old
  - People with chronic disease (chronic heart, lung, liver, renal, metabolic or neurological disease)
  - People with other infections and with a weak immune system
- It is important for the communities to be prepared for an influenza outbreak to prevent deaths from influenza and other infections.
What is influenza?

Groups at higher risk

Know the disease and the outbreak situation
What are the signs of influenza or influenza like illness (ILI)?

- The symptoms caused by an influenza virus are similar to the symptoms of respiratory infections or even diseases caused by other viruses.
- That is why a disease with these common symptoms is sometimes referred to as “influenza-like illness” (ILI).
- The most common symptoms of ILI are:
  - Fever 38 °C or above
  - Cough
  - Sore throat.
- Some people, especially children, may also have:
  - Nausea or vomiting
  - Abdominal cramps
  - Muscle aches and pains
  - Tiredness
  - Headache
  - Sneezing
  - Runny or stuffy nose
  - Diarrhoea.
What are the signs of influenza or influenza like illness (ILI)?

- Fever
- Cough
- Sore throat
- Headache and body aches
- Sneezing / runny nose
- Diarrhoea
How does the influenza virus spread from person to person?

The most common way for the influenza virus to spread from person to person is when a sick person coughs or sneezes.

The sick person carries the virus in her/his respiratory system, and when she/he coughs or sneezes, the virus is transported on the droplets to the outside of the sick person.

The droplets can carry the virus approximately 1 metre away (one arm's length).

When a healthy person inhales the droplets with the virus on it, then the virus gets into her/his body, and finds a new place to settle, making her/him sick.

ASK: Do you know any other ways that the virus can spread from person to person?
And continue to next page.
How does the influenza virus spread from person to person?

Direct transmission through droplets
Other ways that the influenza virus can spread from person to person

- There are other ways that the influenza virus can spread from person to person.

- One of these ways is through hand shaking or touching. For example, when a sick person sneezes into her/his hand, the virus will get on the hand. If the person does not wash her/his hand, and touches (shakes, holds, etc.) a healthy person's hand, then the virus will be transported to the healthy person. Then, through touching one's mouth, nose or eyes, the virus will be transmitted inside the body of the healthy person.

- Similarly, touching contaminated surfaces, such as door knobs, may also cause spread of the virus.

- A sick person's pillows, sheets, clothes, and her/his handkerchiefs or tissues will also be contaminated with the virus, and touching these materials may be another way for the virus to spread.
Other ways that the influenza virus can spread from person to person

Indirect transmission through contaminated hands, surfaces or objects
Who is in the greatest danger of severe influenza infection?

Special populations are more vulnerable to influenza, and extra attention should be paid to prevent people in these groups from getting the infection.

The groups at higher risk for influenza are:

- Women who are pregnant
- Infants and young children particularly less than 2 years of age
- Elderly people more than 65 years old
- People with chronic diseases (e.g. lung, heart, metabolic or neurological diseases)
- People with other infections and with a weak immune system.

Severe complications and risk of death are highest among these groups.
Who is in the greatest danger of severe influenza infection?

... persons with chronic diseases or immunosuppression

Young children, women who are pregnant, elderly people more than 65 years ...
Key message 1:  
Know the disease

- It is very important that everybody in the community is informed about influenza, how it spreads, how it can be prevented, and how it can be managed and treated.
- The information should be correct and up to date.
Key message 1: Know the disease

Know the disease and up-to-date information on the influenza outbreak
Key message 2:
Keep your distance from someone who is coughing or sneezing

- If you know or suspect that somebody may have the infection, try not to get too close to her/him.
- Stay at least 1 metre (one arm’s length) away from somebody who is coughing or sneezing.
- Avoid touching, shaking hands with or kissing sick people.
- Avoid or reduce the time spent in crowded places, as the likelihood of encountering people who are coughing/sneezing will be higher in crowds.
Key message 2: Keep your distance from someone who is coughing or sneezing

Keep your distance from a sick person
Key message 3: Cover your cough and sneeze

- If you are coughing or sneezing, cover your mouth and nose to prevent the spread of droplets.
- Use a single-use tissue if possible, and dispose of it in a bin just after using it.
- Cough or sneeze into your elbow, your sleeve, your jacket or other clothing to prevent droplets from travelling in the air. Do not cough into your hands.
- Be mindful that if you are sick, you will be contaminating yourself (your hands, arms, etc.), and your handkerchief when you cough or sneeze into them. So wash your hands immediately after coughing and sneezing.
- When you are frequently coughing and sneezing due to infection, remember that the droplets will get on to surfaces as well. Surfaces should be cleaned regularly with soap and water to avoid self-contamination (i.e. touching the mouth, nose or eyes after touching a contaminated area).
Key message 3: Cover your cough and sneeze

Cover your nose when coughing or sneezing …

… use a single-use tissue and dispose of it afterwards
Key message 4: Wash your hands

- Washing hands will remove the virus from your hands, and it is a very effective way to prevent the spread of the virus.

- Wash hands frequently, especially if you are the caregiver of a sick person. Hands should be washed with soap and water for 40 to 60 seconds before rinsing, and then dried.

- To avoid the transmission of the virus, wash your hands:
  - after coughing, sneezing or blowing nose
  - before and after all contact with sick people
  - after cleaning or handling the patient's soiled linen and waste
  - before preparing or eating food.

- Think also to wash your hands:
  - after defecation
  - after changing or cleaning a child
  - after handling animals or animal waste.

- Keep hands away from face.

ASK: Can you think of other situations in which you should wash your hands?
Key message 4: Wash your hands

Wash your hands!
Key message 5: Separate a sick person from other people

- Gathering of many people in crowded places will facilitate the transmission of the virus from person to person. It is best to avoid or reduce the time spent in crowded places during an influenza outbreak.
- A sick person should stay at home to avoid spreading the virus to others.
- A sick person should avoid or reduce the time spent in crowded and/or closed places (markets, meetings, schools ...) during an influenza outbreak. If sick, she/he will spread the disease. If healthy, the risk of running into somebody who is coughing or sneezing is higher in crowded places.
- If you are sick, ask others for help with daily chores.
- Give sick people a separate space at home.
Key message 5: Separate a sick person from other people

Separate the sick person
Key message 6: Ventilate closed spaces

- Keep the space where the sick person is staying well aired by making use of natural breezes through doors and windows.
- Open the windows and doors to allow good air flow. This is particularly important in crowded settings.
Key message 6: Ventilate closed spaces

Regularly open windows and doors to allow air to circulate
Key message 7: Assign a single caregiver

- Assigning one household member to provide care for a sick person minimizes the number of people in close contact with respiratory droplets with the virus.
- If possible, the caregiver should be someone who has had a recent similar illness and recovered.
- Pregnant women and people at higher risk should avoid being in contact with the sick person and should not be caregivers.
- The mother can be the caregiver if her breastfed infant is sick, so she can continue breastfeeding.
- Caregivers should take special care to wash their hands before and after caring and to cover mouth and nose during contact with the sick person.
Key message 7: Assign a single caregiver

If possible, only one person should provide care and have close contact with the sick person.
Key message 8: Provide hydration and good nutrition for the sick person

- Ensuring adequate nutrition and preventing dehydration are key practices that may contribute to limiting severe complications and death from both influenza, and other common illnesses, such as diarrhoea which may occur at the same time.
- Even though people with the disease will have a decreased appetite, it is very important to provide sufficient nutrition, especially for those children who may already be malnourished.
- Continue breastfeeding sick babies.
- Provide clean water, soups, fruit juices and teas for hydration.
- Use oral rehydration solution (ORS) for moderate or severe dehydration.
- Continue to feed the sick person.

ASK: What kinds of liquids are most commonly consumed in your community that can be good to hydrate a sick person?

ASK: What kinds of food, high in nutrition and affordable, can be found easily in this community to help sick people recover faster?
Key message 8:
Provide hydration and good nutrition for the sick person

Give lots of fluids – mothers should continue breastfeeding

Give good food and continue to feed the sick person
Key message 9: Learn how to care for a sick person who needs treatment at home

- Most cases of influenza infections can be treated at home, when the patients do not have any danger signs.
- The CHW will provide the information to caregivers about how to take care of sick people at home.
- You can learn how to assist in the treatment of the sick person that you are taking care of for:
  - fever
  - malaria
  - pneumonia
  - diarrhoea.
- It is very important to provide appropriate care for sick people through following the instructions provided by your CHW.
Key message 9: Learn how to care for a sick person who needs treatment at home

- Apply lukewarm sponge to lower fever
- Give prescribed medicines
- Learn how to prepare ORS
Key message 10: Recognize the danger signs!
When should you take the sick person to a health facility?

- A patient should be immediately taken to a health facility if she/he has any danger sign.
- Danger signs for influenza for adults and children more than 5 years old:
  1. Shortness of breath or difficult breathing
  2. Lips or skin turning blue
  3. Chest pain
  4. Coughing up blood or coloured sputum
  5. Low blood pressure (if able to evaluate)
  6. Confusion, such as not recognizing family or friends, drowsiness, severe weakness
  7. Convulsions
  8. Loss of consciousness
  9. Signs of dehydration
  10. Persistent fever or other symptoms beyond 3 days
**Key message 10:**
**Recognize the danger signs!**
**When should you take the sick person to a health facility?**

<table>
<thead>
<tr>
<th>Image</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Image" /></td>
<td>Difficulty in breathing</td>
</tr>
<tr>
<td><img src="image2.png" alt="Image" /></td>
<td>Blue lips or skin</td>
</tr>
<tr>
<td><img src="image3.png" alt="Image" /></td>
<td>Chest pain</td>
</tr>
<tr>
<td><img src="image4.png" alt="Image" /></td>
<td>Coughing up blood</td>
</tr>
<tr>
<td><img src="image5.png" alt="Image" /></td>
<td>Confusion, such as not recognizing family or friends</td>
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<tr>
<td><img src="image6.png" alt="Image" /></td>
<td>Convulsions</td>
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<tr>
<td><img src="image7.png" alt="Image" /></td>
<td>Loss of consciousness</td>
</tr>
<tr>
<td><img src="image8.png" alt="Image" /></td>
<td>Persistent fever</td>
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</tbody>
</table>
Key message 10: What are the danger signs for infants and children?

- Influenza infection may be especially dangerous for children who may have other coexisting health conditions.

- It is important to make sure that infants (0 to 2 months old) and young children (aged 2 months–5 years old) are diagnosed and treated appropriately for some of the main health problems which may be fatal.

- If a child has any of these general danger signs, she/he should be immediately taken to a health facility.

**General danger signs for sick children (2 months–5 years)**
1. Cough for 21 days or more
2. Diarrhoea (3 or more loose stools in last 24 hours) for 14 days or more
3. Blood in stool
4. Fever for 7 days or more
5. Convulsions
6. Not able to drink or eat anything
7. Vomits everything
8. Chest indrawing (signals breathing difficulty in children)
9. Unusually sleepy or unconscious
10. Red on MUAC strap (for child age 6 months up to 5 years; sign of severe malnutrition)
11. Swelling of both feet (sign of severe malnutrition).

**General danger signs for infants less than 2 months**
1. Not able to feed since birth, or stopped feeding well
2. Convulsed or fitted since birth
3. Fast breathing: two counts of 60 breaths or more in one minute
4. Chest indrawing
5. High temperature: 37.5 °C or more
6. Very low temperature: 35.4 °C or less
7. Infant only moves when stimulated
8. Yellow palms and soles
9. Signs of local infection: umbilicus red or draining pus, skin boils, or eyes draining pus
Key message 10:
What are the danger signs for infants and children?

<table>
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<td></td>
</tr>
</tbody>
</table>
Do you remember the 10 key messages?

- Ask the participant(s) which key messages they remember.
- Briefly review the 10 key messages to ensure that they understand and remember them correctly.

**Key messages**

1. Know the disease
2. Keep your distance from someone who is coughing and sneezing
3. Cover your cough or sneeze
4. Wash hands to prevent spread of germs
5. Separate the sick person from other people
6. Ventilate closed spaces
7. Assign a single caregiver to a sick person
8. Provide hydration and nutrition for the sick
9. Learn how to care for a sick person who needs advanced treatment at home
10. Recognize the danger signs and seek prompt care

ASK: *Do you have questions about the key messages?*

ASK: *How can we practise these behaviours in the community?* (Probe on behaviours that are easy to follow. Probe also on behaviours that will be difficult to follow, find out why and how they can be addressed).
Do you remember the 10 key messages?

1

2

3

4

5

6 & 7

8

9

10