INFLUENZA EXPOSURE CRITERIA

- Unprotected close contact - within 3 feet - likely to cause exposure to an infected individual's nasopharyngeal droplets.
  - Examples - Ophthalmic, ENT, or cardiac exams, providing breathing treatments, suctioning or collecting nasopharyngeal cultures.
  - Simply obtaining vital signs or rooming an infected patient would not constitute a true exposure.

- Unprotected sustained contact - within 6 feet – with an infected individual for 6 or more hours.
  - Example - One to one nursing care over a 12 hour shift.
  - Brief exposures such as delivering meals, cleaning a room or drawing blood would not constitute a true exposure.

- Colleague to colleague interactions are not considered adequate contact for transmission of influenza. Instead monitor for fevers/flu symptoms. If these occur, stay home, and notify your department and EHS.

Symptomatic employees in high risk groups (or with family members in high risk groups) should contact their PCP for evaluation and possible treatment.

High risk groups for complication from influenza include:

- Pregnant women
- Children < 5 years old
- Those with -
  - Chronic cardiopulmonary diseases including asthma
  - Immune disorders
  - Individuals with liver/kidney problems
  - Hematologic disorders
  - Neuromuscular conditions
  - Metabolic diseases including diabetes
  - Individuals with a body mass index (BMI > 35).