



Management of Cases with Influenza Like Illness presenting to all Health Care Facilities

Health Authority – Abu Dhabi

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Case definition

Influenza Like Illness (ILI) is defined as fever $>100^{\circ}\text{F}$ (37.8°C) and cough and/or sore throat in the absence of a KNOWN cause other than influenza.

OR

Confirmed case of Pandemic (H1N1) 2009

is defined as a person with an influenza-like illness with laboratory confirmed pandemic (H1N1) 2009 virus infection by one or more of the following tests:

1. Viral culture
2. Real-time RT-PCR

Clinical presentation

- Any two of the following : sore throat, cough, runny nose (new and unexplained by allergies) or fever.
- Other symptoms might include:
 - a. Headache
 - b. Diarrhea
 - c. Nausea
 - d. Malaise
 - e. Vomiting

Note: Laboratory diagnosis used only for confirmation of severe cases and not required routinely for clinical care decisions.

Mild symptoms, no risk factors

Mild

Notify HAAD using Diseases Notification Form*

- Manage at home; counsel to avoid unnecessary contact and stay indoors
- Antiviral treatment is not recommended.
- Provide sick leave for 7 days from the date of onset of symptoms.
- Advise to drink plenty of fluids, and reinforce cough etiquette
- No Laboratory investigation required

Mild symptoms, with risk factors

Moderate

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1. Children <5 years
2. Adults >65 years
3. Pregnant women
4. <19 yrs taking long-term aspirin
5. Persons with following diseases:
 - a. Pulmonary diseases
 - b. Cardiovascular diseases
 - c. Renal or hepatic diseases
 - d. Neurologic or neuromuscular
 - e. Diabetes/metabolic disorders
 - f. Immunosuppression
 - g. Hematological diseases

- Physician decision on need for admission according to the presentation and risk .
- Antiviral treatment currently recommended.
- Provide sick leave for 7 days from the date of onset of symptoms.
- Laboratory investigation not required unless clinically indicated
- For cases managed at home; consider phone follow up or regular home care visit
- pregnant ladies with ILI are recommended to be admitted for close monitoring

Severe signs:

Severe

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1. Hypotension
2. Dyspnoea
3. Tachypnoea
4. Hypoxia
5. Chest x-ray abnormality
6. Confusion/disorientation

- Admission and isolation is required
- Antiviral treatment currently recommended.
- Laboratory investigation is required and confirmation using PCR for Pandemic (H1N1) 2009; samples should be sent for active surveillance of virulent strains