

# INFLUENZA-LIKE ILLNESS - ILI

## **SUBJECTIVE:**

Onset over 1-2 days with typical symptoms including fever ( $> 100^{\circ}\text{F} \approx 38^{\circ}\text{C}$ ), cough, body aches, headache, chills, and fatigue. Some people may have sore throat, runny or stuffy nose, vomiting or diarrhea. Patients may recently have been around others with similar symptoms.

## **OBJECTIVE:**

Fever, with an associated elevated heart rate, is common.

Severe symptoms indicating the need for hospital ED evaluation and care include:

- Respiratory difficulty

- Hypoxemia

- Hypotension

- Altered level of consciousness

- Inability to maintain adequate hydration (significant vomiting, diarrhea or decreased urine output)

- Inability to get around adequately to be cared for at home

## **ASSESSMENT:**

Influenza-like illness (ILI) refers to illnesses frequently caused by the Influenza A virus which occurs annually during the Fall and Winter flu season. Influenza A, such as the current (2009) novel H1N1 pandemic may also occur episodically.

Most patients with influenza-like illnesses will have mild-moderate symptoms which can usually be managed at home, although a few patients may develop severe symptoms requiring more intensive care or hospitalization.

Because of the easy communicability of Influenza A and widespread disease many patients may activate 911 to seek help with their influenza-like illnesses.

During outbreaks of influenza-like illness, such as now, EMTs may be called on to evaluate patients and treat and transport to the hospital patients with severe complications or may evaluate patients and then refer them to an appropriate alternate source of medical care.

**TREATMENT:**

**First Responder:**

**EMT - B:**

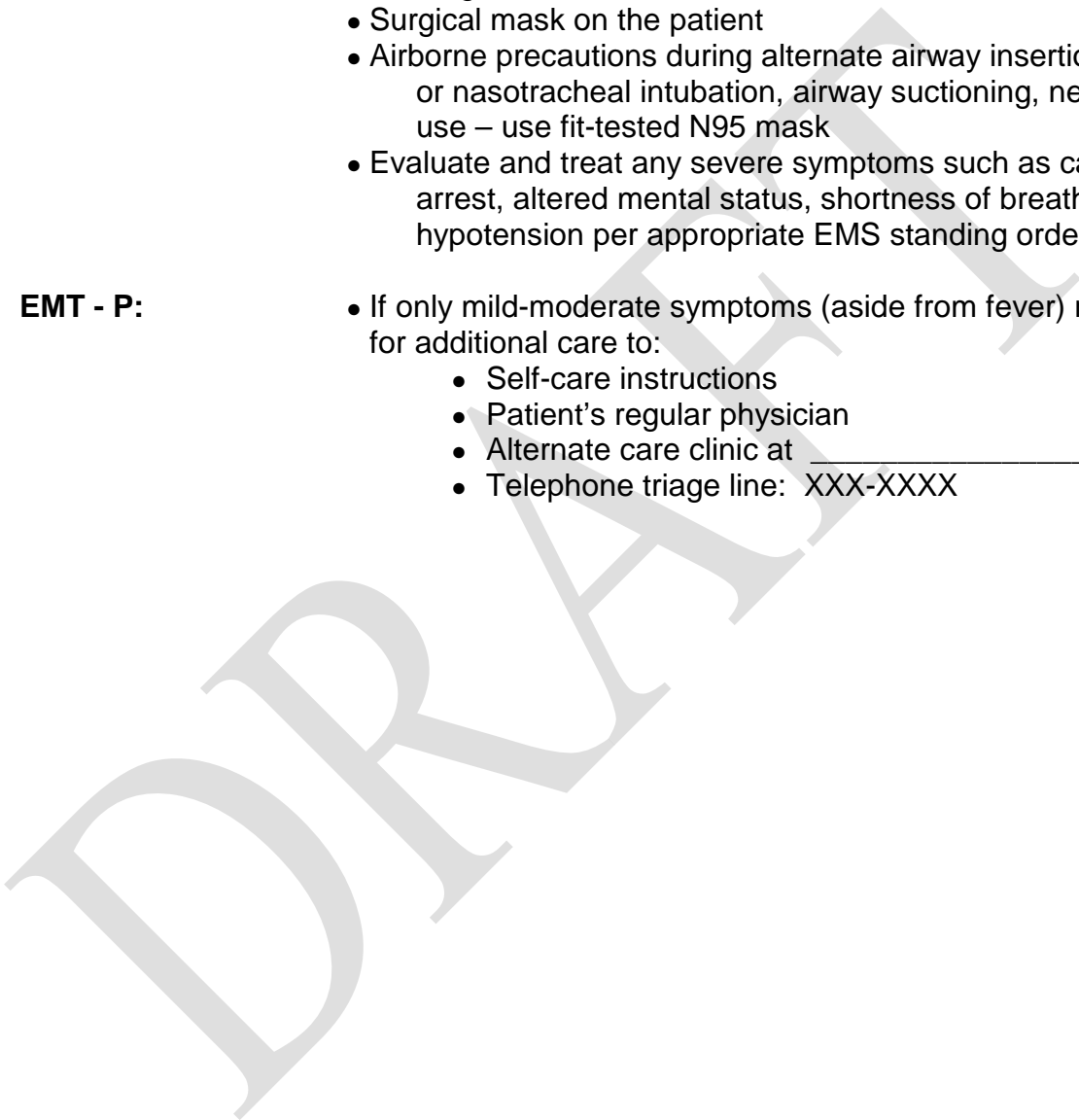
**EMT - I:**



- Handwashing
- Maximize ventilation
- Standard precautions – gloves, gown, eye protection & surgical mask
- Surgical mask on the patient
- Airborne precautions during alternate airway insertion or endo- or nasotracheal intubation, airway suctioning, nebulizer use – use fit-tested N95 mask
- Evaluate and treat any severe symptoms such as cardiac arrest, altered mental status, shortness of breath, hypotension per appropriate EMS standing orders

**EMT - P:**

- If only mild-moderate symptoms (aside from fever) refer for additional care to:
  - Self-care instructions
  - Patient's regular physician
  - Alternate care clinic at \_\_\_\_\_
  - Telephone triage line: XXX-XXXX



# Jackson County EMS Rapid Triage for Pandemic Influenza

**Purpose:** Initial triage is intended to help EMS provider determine how the patient should seek additional medical help.

## ASK these history questions

1. Does patient have or has had a **fever over 100° F or 38° C**?
2. Does the patient have a **cough**?
3. Does the patient have **diffuse muscle aches**?
4. Did the patient **get sick fairly quickly**, over 1-2 days?
5. Has the patient been around **others with a similar illness**?
6. Does the patient have **significant headache**?
7. Does the patient have a **sore throat**?

If **NO** to a majority of these questions, then the patient probably does not have an influenza-like illness and the usual EMS pre-hospital care should be provided.

If **YES** to a majority of these questions, then the patient probably has an influenza-like illness. Continue with the evaluation below.

## CONTINUE with the following questions

1. Is the patient **struggling to breathe** or **breathing very rapidly**? (respiratory distress)
2. Is the **breathing very shallow, slow, or weak**? (respiratory depression)
3. Are the **lips, tongue, or face blue** or is the **SpO<sub>2</sub> < 90%**? (cyanosis)
4. Has the patient been **vomiting frequently**, **significant diarrhea**, had **decreased oral fluid intake**, or it been **more than 12 hours since the patient last urinated**? (dehydration)
5. Is the patient's **skin pale and cool to the touch** or the **systolic blood pressure < 100 mm Hg**? (shock)
6. Is the patient **too weak to walk to the bathroom**, **not moving around in bed**, or **unable to adequately be cared for at home**? (weakness)

**YES to ANY  
of the above**

**Patient should be transported to and  
evaluated at the hospital ED.**

**NO to ALL  
of the above**

**Advise patient to be evaluated if any of the above  
occurs in the near future.**

Reassure patient that, currently, the illness is not  
severe and can likely be treated at home.

Refer to alternate care clinic at: \_\_\_\_\_

Refer to telephone triage line: XXX XXX-XXXX

Provide information about self-care.