

Influenza Outbreaks and Tamiflu® Information for Staff

During an influenza outbreak, the IPAC lead reviews staff immunization records to determine who can continue working. This process protects residents, staff, and visitors.

Your options

- **Get the flu vaccine** – Strongly encouraged. If you are vaccinated and well, you can continue to work during an outbreak.
- **Take an antiviral (Tamiflu®)** – If you are not vaccinated, you can still work if you are feeling well, by taking Tamiflu®. It helps prevent infection and reduce spread. You will need a prescription from your doctor before outbreak season starts so you can start right away if needed.
- **Decline both** – If you choose not to get the flu vaccine or take Tamiflu®, you will be excluded from work for the duration of the outbreak. This applies to all staff in all departments.

About Tamiflu®

- Works by stopping the flu virus from multiplying.
- Can be used to prevent illness or shorten symptoms if started within 48 hours of feeling sick.
- If you plan to use Tamiflu®:
 - Book an appointment with your doctor before flu season.
 - Keep your prescription on-hand.
 - Pay for and take the medication as directed.
 - You may return to work immediately after starting it.

Next steps

Please talk with your doctor about your options and let the IPAC lead know your decision as early as possible. Planning ahead helps ensure safe staffing during outbreaks.

Thank you,
Wellington-Dufferin-Guelph IPAC Hub