

THE SPOKE



South East Region Infection Prevention and Control Hub Newsletter

December 2025

South East IPAC Hub Update

The South East IPAC Hub team has expanded! We welcome **Nanette Isaac** as the newest full-time Hub ICP. Nanette is certified and has previous experience working in long-term care. We also welcome **Jessica Morey** as the newest part time ICP who will play a key role in furthering the Hub's support with our other congregate living settings. We look forward to utilizing our strong team to align its further development with our strategic plan goals.

With the holiday season quickly approaching it is important to find ways to celebrate safely!



Ensure staff and visitors complete passive screening prior to visits.



Remind staff and visitors to stay home when feeling under the weather!



Promote hand hygiene for a safe holiday season!



Holiday sparkle belongs on the walls! Keep decorations off care areas and equipment.

Share joy, not germs! Practice good respiratory etiquette.



Encourage safe food-sharing practices to reduce risk of illness.



Our team is excited to bring you new projects, refreshed workshops, and focused IPAC initiatives to support you in 2026.

Thank you for a wonderful year! We truly appreciate your commitment, resilience, and the incredible work you do!

Warmest wishes for a safe, healthy, and restful holiday season!



See Peppermint Pop's IPAC Tip Sheet!

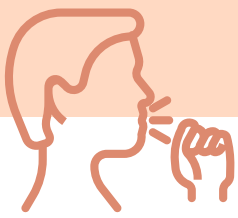


Hub Holiday Hours

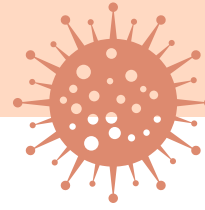
Our team will be taking a little holiday break on **December 25, 26 and January 1**. We will be back to support you as soon as we return!

CONGRATULATIONS CORNER

Jenna Davis, LTC-CIP
Crown Ridge Place



Bug Watch Influenza



What is Influenza?

- Influenza (flu) is a contagious respiratory illness caused by an influenza viruses (type A or B)
- Primarily affects the nose, throat, and lungs
- Can lead to serious illness, hospitalization, or death, especially in those with chronic conditions

Why is it a concern?

- Rapidly spreads through droplets when people cough, sneeze, or talk
- Can cause severe complications (e.g., pneumonia, worsening of chronic diseases)
- Residents and staff in congregate settings are at higher risk

How does Influenza spread?

- *Droplet transmission*: through large respiratory droplets from coughs/sneezes
- *Contact transmission*: via contaminated hands, tissues, or surfaces
- Can survive on surfaces for several hours

Signs & Symptoms

- | | |
|-----------------------|------------------------|
| • Fever and/or chills | • Muscle or body aches |
| • Cough | • Fatigue |
| • Sore throat | • Headache |
| • Runny/stuffy nose | |

Note: Older adults' symptoms may present atypically

Antivirals

Oseltamivir (Tamiflu) or Zanamivir (Relenza)

- Used as prevention (prophylaxis) or treatment for influenza
- During an outbreak, Public Health may recommend Tamiflu for:
 1. **Prophylaxis** - asymptomatic residents and staff (at risk of acquiring), as directed by Public Health
 2. **Treatment** - residents with confirmed or suspected influenza (ideally started within 48 hours of symptom onset)

Tamiflu does **NOT** replace vaccination but may work best in combination for exposed high-risk individuals.

Preventing Transmission



Routine Practices

- Perform 4 moments for hand hygiene
- Use PPE based on risk assessment
- Encourage residents to cover coughs/sneezes and clean hands often, if capable



Additional Precautions

- Implement droplet/contact precautions for suspected and confirmed cases
- Wear mask, eye protection, gown, and gloves



Environmental Cleaning

- Clean and disinfect high touch surfaces at least twice daily during outbreaks
- Use a Health Canada approved disinfectant with an influenza kill claim and ensure contact time followed
- Clean shared equipment between every use



Vaccination & Antivirals

- Annual influenza vaccination is the most effective prevention tool
- Encourage vaccination for all residents, staff, students, and volunteers in the home

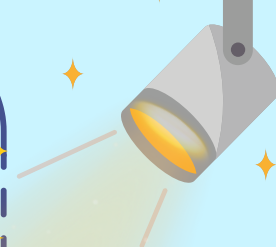
Outbreak Preparedness & Management



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|-----------------------------------|--|
| • Ensure sufficient PPE supply | • Notify the PHU immediately when suspect or confirmed outbreak criteria are met |
| • Stay home when sick! | • Increase surveillance |
| • Collect swabs for testing | • Implement outbreak measures promptly |
| • Understand outbreak definitions | |

Influenza outbreaks are reportable to PHU.
IPAC Hub can support with outbreak management!

IPAC Week SPOTLIGHT



Facility: Arabella Retirement Living (Belleville)

IPAC Designate: Brett Buxton, Director of Wellness

Activity: Escape the Hazard Room

Staff at Arabella Retirement Living tested their IPAC knowledge in an “Escape the Hazard Room” challenge - a fun, interactive way to spot infection control hazards.

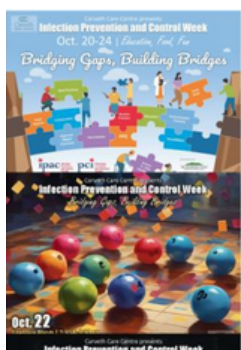
This initiative was one of several IPAC Week activities inspired by the Hub IPAC Week Planner.



Facility: MLP Residence (Picton)

IPAC Designate: Jamie Kelly, General Manager

Activity: Staff and residents participated in IPAC-themed daily activities that encouraged the ‘FUN’ in FUNDamentals and showcased everyone’s competitive side to promote safety. The week wrapped up with a staff PPE fashion show, application of best practices, and lots of laughs.



Facility: Carveth Care Centre (Gananoque)

IPAC Designate: Anitha Chandrahasan, IPAC Lead

Activity: Events all week, with inclusivity across all shifts!

Staff and residents participated in daily activities combining fun and learning! Day 1: Hand Hygiene & PPE Awareness (Glo Germ demonstrations, poster competition), Day 2: IPAC Jeopardy, Day 3: Staff and residents paired bingo, Day 4: Spin the Wheel Challenge, Day 5: IPAC Quiz and Count the Germs

Contact the Hub: SEHubIntake@kingstonhsc.ca



Service Requests

Our team is available for a variety of services, including on-site visits, staff education, outbreak management, IPAC policy review, IPAC resource development and other supports to help enhance your IPAC program.



IPAC-related questions

Our Hub IPAC practitioners are happy to provide advice on your IPAC-related questions and direct you to best practice resources. There are also numerous resources and presentations available on our [website](#).



We want your feedback!

We value our partner suggestions and feedback. If the Hub has provided your organization with services, please take a moment to complete our [feedback survey](#) to help us improve our program.