

Management of Acute Respiratory Outbreaks in Residential Care

Current Guidelines (V3) April 2024	Updated Guidelines (V4) May 2025
Release from isolation - COVID-19	
It is strongly recommended that residents should isolate for at least 7 days and until symptoms resolve.	Release from isolation after 5 days (on day 6) since symptom onset provided that acute symptoms have resolved and COVID-19 RAT is negative OR After day 7 if acute symptoms resolved and no fever for 24 hours. No testing required.
Release from isolation for residents - Influenza	
Resident cases should isolate for 5 days after symptom onset, or until symptoms have ceased.	Released from isolation after 5 days (on day 6) from symptom onset, or until acute symptoms resolved, whichever is longer OR 72 hours after antivirals commenced regardless of symptoms. No testing required.
Staff return to work - COVID-19	
Return to work on day 6 following the symptom onset (or date of the first positive test if asymptomatic) and until the resolution of acute symptoms.	Return to work after day 6 since symptom onset (or positive test if asymptomatic) provided that acute symptoms have resolved and COVID-19 RAT is negative OR Return to work after day 8 if acute symptoms resolved for 24 hours, no testing required.
Staff return to work - Influenza	
Return to work on day 6 from symptom onset, or until symptoms have ceased.	Return to work on day 6 from symptom onset, or until acute symptoms resolved, whichever is longer OR 72 hours after antivirals commenced regardless of symptoms. No testing required.
Contact definition (COVID-19 only)	
Defined as a "close contact" and "social contact" depending on the level of contact with confirmed case	Defined as "resident contact" and "staff contact" depending on resident location or level of exposure with a case.
Testing Advice for contacts - COVID-19 Outbreak	
2 options for managing contacts: 1. choose not to self-quarantine with 5 RATs over 7 days. 2. should self-quarantine for 7 days with a RAT on the first, third and sixth day of self-quarantine.	2 options for managing contacts: 1. choose not to self-quarantine with RATs every second day over 7 days. 2. choose to self-quarantine for 7 days with a RAT on the second and sixth day of self-quarantine.
Outbreak closures of COVID-19, Influenza and all ARIs	
<ul style="list-style-type: none"> COVID-19 Outbreaks declared over 7 days after the last case tests positive Influenza and ARI Outbreaks declared over 8 days after the last case tests positive 	All respiratory outbreaks can be declared over 7 days after the last case tests positive or the date of isolation of the last case in a resident, whichever is longer; or later at LPHU discretion.