



Health Advice

This is for workplaces, schools, tertiary institutes and sports teams where there is a confirmed case of H1N1 influenza A (“Swine Flu”)

General

A person at your organization or institution has been confirmed to have H1N1 influenza A (“swine flu”). This person is currently in isolation but may have been present during their infectious period.

For most people, swine flu is very similar to normal flu, and you can recover at home, just as would be the case with normal flu.

Some people need to take special care. Please also read the section on the next page about what to do if you are sick and the section about people who need to take special care.

How to protect yourself and others

Hand hygiene is the single most effective measure in protecting yourself.

Wash your hands with soap and water and dry them thoroughly. Alcohol-based cleaners (hand sanitisers) are also effective.

Please also keep your coughs and sneezes covered. Put tissues into a covered, lined rubbish bin or plastic bags.

Try to avoid contact with sick people and crowded settings.

Be prepared

Make sure you are prepared to be self-sufficient for up to a week, should this be necessary.

This means you should have enough food and basic medical supplies, e.g. paracetamol, as well as regular medications, nappies for babies, cleaning products, tissues and toilet paper for at least a week.

What to do if you are sick or become sick

This is a new virus and almost no one has immunity to this disease.

If you have or develop an influenza-like illness you should stay home until you are well, rather than going to work or school. Stay home until you have been symptom-free for at least 24 hours. This is to keep you from infecting others.

Signs and symptoms of influenza include fever (chills, sweating, shivering or temperature of at least 38 °C) plus cough or sore throat. You may have other symptoms as well such as headache, muscle aches or stuffy nose.

If your flu-like illness is mild, stay at home, drink plenty of fluids and take paracetamol to relieve your symptoms if you need to.

If you are worried about your health, phone Healthline (0800 611 116) or your GP for medical advice. Signs of severe illness include difficulty breathing, chest pain, inability to keep fluids down and becoming less alert or confused. If any of these apply to you please seek immediate medical advice.

Please phone before you visit a hospital or medical centre as you can spread flu to other people.

People who need to take special care

- A Are you
- are immune compromised or suppressed?
 - Pregnant?
- B Are you over six months old with chronic medical conditions, such as:
- Severe or poorly controlled congestive heart failure?
 - Severe or poorly controlled chronic respiratory disease?
 - More severe asthmatics (e.g. people on oral steroids, high dose steroid inhalers, or steroids and long-acting beta-agonists; people)?
 - Renal replacement therapy?

If you are in one of these groups and you develop flu symptoms you need to talk to your GP or your specialist. Please call ahead rather than just turn up. They will manage your care.

If you have any further inquiries or require more information, please call Healthline on 0800 611 116