



NOTICE #02-2016: INFLUENZA A H1N1 (SWINE FLU)

Please be advised that although no epidemic has been declared by the Ministry of Health, we are kindly advising all employees to read the information presented below and take the following health precautions.

Swine flu

Swine flu, also known as 2009 H1N1 type A influenza, is a human disease.

Spread

Swine flu: Human-to-human transmission, via cough droplets and unsanitised surfaces.

Symptoms of the virus

- Sudden high fever (over 38°C or 100°F)
- Sore throat
- Runny or stuffy nose
- Coughing
- Headache
- Body aches
- Fatigue

Persons experiencing Influenza-like symptoms and any signs of faintness, weakness or breathing difficulty are required to immediately notify the HSE Department at 636-2201 extension 2286/2275, 363-3981 or via radio Channel 5.

Points to remember about swine flu:

- It is a contagious virus that is spread from person to person by droplets released into the air when an ill person coughs or sneezes.
- A person can become infected when those droplets are inhaled directly or by touching contaminated surfaces, like door handles, faucets, telephones and then touching the mouth, eyes or nose. The virus can survive on hard surfaces for up to 24 hours. **It is important to wash hands with soap and water for at least 20 seconds after contact with shared surfaces, devices, or utensils and after coughing or sneezing.**
- Another common method of infection is by shaking hands with someone who has not maintained proper respiratory and hand hygiene and failing to wash your own hands before touching your face (especially your nose).
- People with the virus may be contagious from one (1) day before they develop symptoms and up to seven (7) days after they get sick.



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Other ways to prevent the spread and protect yourself:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in a trash bin after use and wash your hands properly with soap and water.
- If you do not have tissue, sneeze in your sleeve or elbow. This blocks or limits the spread of droplets.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- The use of alcohol-based hand sanitizer is also effective.
- Avoid touching your eyes, nose, or mouth as germs enter the body this way.
- Avoid contact with people who have flu-like illness (keep at least six (6) feet away).
- Avoid rags and shared hand towels.

Also find attached brochures from Ministry of Health on Influenza A H1N1 (Swine Flu).

Sincerely

Health, Safety and Environment

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