

Pandemic Flu – Quick Facts

- Pandemic Flu (H1N1, 2009 “California”) – second wave expected this fall
- Expect 15-35% may become ill with flu
- Overwhelming majority of patients experience mild illness.
- As opposed to seasonal flu, H1N1 tends to affect younger ages; people born <1957 may have some immunity.

Preventive Measures

- Vaccination is a critical component of protecting yourself, your family and your workplace from Pandemic Flu.
- H1N1 vaccine expected for distribution/vaccination in October/November.
- It is not the same as the seasonal flu vaccine.
- Handwashing, cough/sneeze etiquette, increased surface sanitation, increase social distancing.
- Practice these hygienic practices at home as well to reduce the risk of acquiring the flu from family members and transmitting it to your workplace.
- Direct staff to not attend work if they have flu symptoms

INFLUENZA NOTIFICATION

Influenza is a contagious disease. There is currently an increase in the numbers of people in New Zealand with influenza. In order to reduce the spread of influenza in this workplace, the following is required of everybody:

DO NOT COME TO WORK if you have:

- chills, shivering and a fever (temperature $>38^{\circ}\text{C}$)
- onset of muscle aches and pains
- sore throat
- dry cough
- trouble breathing
- sneezing
- stuffy or runny nose
- tiredness.

If some of the above apply to you, please go home and wait until you have recovered before returning to work.

If you have recently arrived from overseas or returned from overseas, please ask to speak to the Influenza Manager (see below)

If you start to feel ill at work, **DO NOT** leave your work area

Call your Influenza Manager Ext.....

Information and Awareness

- Many electronic sources of H1N1 information exist:
 - Local health authority internet:
www.vch.ca/public/h1n1/h1n1info_index.htm
www.fraserhealth.ca/your_health/conditions_&_diseases/h1n1/
 - Public Health Agency of Canada
 - Ministry of Health
www.health.gov.bc.ca/pandemic/tools.html
 - BCFPA, CME, CCGD websites

Pandemic Planning

- Pandemic Preparedness Planning is critical – is your plan ready/current?
- When should we close down? Lack of staff, lack of customers or the level of risk is unacceptable. Varies by industry.
- “Be Prepared” – the Girl Guides were right!