

Medical bulletin to all  
Goodenough Services Personnel  
Subject: Swine Flu

You will be aware that there is an influenza virus in circulation officially designated as novel H1N1 virus but more commonly called Swine Flu. It is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

It is important that each member of staff is able to recognise the signs and symptoms of Swine Flu, understands the implications and what personal action they should take to minimise any onward transmission

It's not known at this time how severe this flu virus will be in the general population. In seasonal flu, there are certain people that are at higher risk of serious flu-related complications. This includes people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. Early indications are that pregnancy and other previously recognized medical conditions that increase the risk of influenza-related complications, like asthma and diabetes, also appear to be associated with increased risk of complications from Swine Flu virus infection as well.

**Because we often work in clinical environments we have a special responsibility to be particularly vigilant.**

**How does the Swine Flu virus spread?**

Spread of the Swine Flu virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

**Signs & symptoms of Swine Flu**

Signs and symptoms of Swine Flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

**What to do if suspect you have these symptoms.**

If you are at home then do NOT go to work. Inform your supervisor and then visit your GP. You will remain in your GP's care until he/she says you are safe to return to work.

If you are at work then leave the site immediately, inform your supervisor and visit your GP.

**Prevention is better than cure**

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

Cover your nose and mouth with a tissue when you cough or sneeze. Dispose of the tissue in a waste bin, preferably closed, after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Avoid touching your eyes, nose or mouth. Germs spread this way.

Avoid contact with people you know have this flu.

If you have any queries or there is anything in this bulletin you do not understand then please contact your supervisor.

**Goodenough Services**  
**Friday 17<sup>th</sup> July 2009.**