

SWINE INFLUENZA (FLU – H1N1)

PURPOSE

The purpose of this document is to give you guidance on appropriate measures to be implemented should you or your staff be exposed to an outbreak or suspected contamination with swine influenza H1N1.

This document is not designed to be the source of up-to-date information regarding the current swine influenza situation, for this information and for detailed information on the health effects of swine influenza local health authority bulletins should be used. Information on swine influenza current issues can also be found on global websites:

- www.cdc.gov - United States Centre for Disease Control
- www.who.int - World Health Organisation

This guide has been collated by InteRisk from the World Health Organisation, the United States Centre for Disease Control and other local country health authorities. InteRisk have developed these operational guides and instructions to assist the property sector in managing this potential pandemic risk.

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OVERVIEW OF SWINE INFLUENZA

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. Swine flu viruses cause high levels of illness and low death rates in pigs. Swine influenza viruses may circulate among swine throughout the year, but most outbreaks occur during the late fall and winter months similar to outbreaks in humans.

Swine flu is *not* similar to the Avian Bird Flu because there are confirmed cases of;

- Pig to human transfer
- Human to human transfer
- Human to pig transfer.

HEALTH RISKS OF A SWINE INFLUENZA OUTBREAK

Swine flu viruses do not normally infect humans. However, sporadic human infections with swine flu have occurred. Most commonly, these cases occur in persons with direct exposure to pigs (e.g. children near pigs at a fair or workers in the swine industry).

- Symptoms are expected to be similar to the symptoms of the regular human seasonal flu, including fever, lethargy, headaches, body aches, lack of appetite and coughing. Runny noses, sore throats, nausea, vomiting & Diarrhea have also been reported.
- Swine Flu cannot be caught from eating properly cooked pork or pork products.
- Swine flu in humans is usually caught from pigs but there have been some cases of human to human transfer, e.g. coughing or sneezing. Also humans can become infected by touching something with flu viruses on it and touching their mouth or nose.
- Spread of swine flu can be directly transmitted from pigs to people and from people to pigs.
Humans with the vaccination for the human flu can still get sick from swine flu.

GUIDES TO OPERATIONAL SITUATIONS

The following are guides that have been prepared for use in operational situations to assist your preparedness for possible outbreak of Swine Influenza. The guides are intended to offer a broad guide of your actions in order to respond to the situation.

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PERSONAL PROTECTIVE EQUIPMENT

A guide to Personal Protective Equipment used is below

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| Respirator | <u>Disposable</u> particulate respirators (e.g. N95) |
| Hands | <u>Disposable</u> gloves made of lightweight nitrile or vinyl or heavy duty rubber work gloves that can be disinfected. |
| Body | Protective clothing, preferably disposable outer garments or coveralls (gown). Protective shoe covers or rubber or polyurethane boots that can be cleaned and disinfected. |
| Eye | Safety goggles. |

Please Note: Disposable PPE should be properly discarded, and non-disposable PPE should be cleaned and disinfected. Hand hygiene measures should be performed after removal of PPE.

All of the above can be obtained from your normal safety equipment supplier.

GUIDELINES

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| Business Continuity Planning | <ul style="list-style-type: none">• Identify essential business activities (and the core people and skills to keep them running), and ensuring that these are backed up with alternative arrangements made where possible.• Identify the infrastructure and resources required for the organisation to continue operating at the minimum acceptable level.• Develop mitigation strategies for business disruptions, including possible shortages of supplies and developing contingency plans for continued operation of the business.• Ensure that relevant employees, customers and suppliers are aware of the contingency arrangements, and that the arrangements will work.• Minimise illness in workers, drawing on the guidance on infection control. |
| Air Conditioning Guidelines | <ul style="list-style-type: none">• Currently there is very little information regarding the disinfectant/ cleaning or restricted use of air conditioning units.• The recommendation to Health care facilities where a confirmed case exists is, to setup air conditioning to 6-12 Air Changes per Hour and the use of HEPA (High Efficiency Particulate Air filter) to clean the recirculated air.• This recommendation is for a room basis and there is no suggestion of changing the entire air conditioning handling for the building. |

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| <p>Contaminated areas</p> | <ul style="list-style-type: none"> • Secure all contaminated areas, prevent unauthorised entry. • Wear all appropriate PPE. • When cleaning any surface that may be contaminated use a household disinfectant. • Ensure compliance with hygiene procedures. • Dispose of all contaminated materials in compliance with local health authorities guidelines. • Immediately report all contaminations to your manager and/or appropriate company representative. • Immediately inform the local health authorities. |
| <p>Disposal of contaminated Personal Protective Equipment.</p> | <p>Personal Protective Equipment after being used for cleaning or decontamination should be properly cleaned or disposed of.</p> <ul style="list-style-type: none"> • After affected areas have been cleaned, remove all the protective clothing and PPE in use and wash your hands with soap and water. • Wash clothes in warm or hot water soapy water. Then hang them in the sun to dry. • Disposable equipment and materials such as gloves and masks should be put in plastic bags for safe disposal (double bagging for safety) • Clean all reusable equipment such as protective glasses and boots with suitable disinfectant and water, always wash your hands after handling these items. • Items that cannot be cleaned properly should be destroyed or disposed of. • Shower/Wash your body using soap and water. Ensure to also wash your hair. • Take care not to re-contaminate yourself or the cleaned area by avoiding contact with dirty or contaminated clothes and items. • Ensure to wash your hands after every handling of any possibly contaminated items. |
| <p>Flu- Like Symptoms</p> | <p>People with flu like symptoms should be advised to take the following precautions.</p> <ul style="list-style-type: none"> • Recommended to stay at home and not come into contact with others. • Practice cough and sneeze etiquette by covering the nose and mouth when coughing or sneezing. • Be careful with secretions from the nose and mouth when around other people. • Use only disposable tissues, and only once • Place used tissues in an appropriate waste container. • Ensure to apply good hygiene practices after contact with secretions from the nose or mouth. • Monitor local health services for bulletins on how to monitor your health. • Monitor your health and ensure to consult medical advice from a health professional. |
| <p>Food Service and Preparation Areas</p> | <p>There are 5 key steps to safe food handling and preparation that can not only prevent illness from eating contaminated food, but also contribute to the prevention of Swine influenza.</p> <ol style="list-style-type: none"> 1. Keep Clean <ul style="list-style-type: none"> • Wash your hands thoroughly before handling food and often during food preparation. • Wash your hands after going to the toilet. • Wash and sanitise all surfaces and equipment used for food service or preparation. |

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| | <ul style="list-style-type: none"> • Ensure to protect preparation areas and food from insects, pests and other animals. <ol style="list-style-type: none"> 2. Separate raw and cooked <ul style="list-style-type: none"> • Separate raw meat, poultry and seafood from other foods. • Store food in containers to avoid contact between raw and prepared foods. • Always store raw meat below all cooked food on shelving or in fridges. • Use separate equipment and utensils such as knives and cutting boards for preparing raw food. 3. Cook thoroughly. <ul style="list-style-type: none"> • Cook food thoroughly, especially meat, poultry, eggs and seafood. • Bring food like soups and stews to boiling to make sure that they have reached 70°C. For meat and poultry, make sure that juices are clear and no pink. • Ideally use a thermometer to ensure correct temperature. • Reheat cooked food thoroughly. 4. Keep food at safe temperatures. <ul style="list-style-type: none"> • Do not leave cooked food at room temperature for more than 2 hours. • Refrigerate promptly all food (raw and cooked) especially perishables (preferably below 5°C). • Do not keep food too long even in a refrigerated environment • Do not thaw frozen food at room temperature. 5. Use safe water and raw materials <ul style="list-style-type: none"> • Use safe water or treat it to make it safe. • Select fresh foods. • Choose foods that have been processed for safety, such as pasteurised milk. • Wash fruit and vegetables, especially if eaten raw. |
| <p>Toilets and Washrooms</p> | <ul style="list-style-type: none"> • A suitable soap should be used in all areas. • All touch surfaces should be disinfected regularly. • Cleaners should wear suitable PPE when removing waste and cleaning. • Any human waste should be treated as “contaminated waste” |

GLOBAL MAP OF CONFIRMED / SUSPECTED CASES



Source – www.news.com.au

Pink – Suspected cases

Blue – Confirmed cases

27th April, 2009