HUMAN INFLUENZA A H1N1

Information Sheet

PREPARED BY SAFETY AND HEALTH UNIT
MINISTRY OF CIVIL SERVICE AND ADMINISTRATIVE REFORMS
IN COLLABORATION WITH MINISTRY OF HEALTH AND QUALITY OF LIFE
• Runny nose
• Sore throat
• Cough
• Fever (≥ 38 C)
• Body ache
• Vomiting & diarrhoea
• Difficulty in breathing
• Pneumonia
Transmission

• Mainly through the air by coughing or sneezing, which generates droplets in the surrounding air.

• Touching respiratory droplets on a surface or on an object, then touching the mouth, nose, or eyes without washing hands.

• *There is no risk of infection from this virus from consumption of well-cooked pork and pork products.*
Transmission

• These respiratory droplets can also get deposited on surfaces, or on to objects by contaminated hands.

• A person touching these objects collects the viruses and can get infected if the mouth, nose, or eyes are touched without washing hands.

**Incubation period:** 1 to 4 days

**Infectious period:** for up to 7 days following onset of illness, or until all symptoms have resolved.
Prevention

Those who have influenza

- Cover the nose and mouth with a tissue or other suitable material, when coughing or sneezing, then dispose the tissue in the trash after use, or wash the material.
- Wash hands immediately after contact with respiratory secretions.
- If sick with influenza, limit contact with others to prevent spread of infection.
- Seek medical advice.
Prevention

Those who are well

• Avoid close contact with people who appear unwell and have fever and cough
• Avoid touching eyes, nose or mouth with unwashed hands
• Wash hands frequently with soap and water
• Avoid touching surfaces that may be contaminated with the flu virus
• Reduce as much as possible the time spent in crowded settings
• Ensure good ventilation in your living space by opening windows as much as possible.
Handwashing Guidelines

Precautions against Human Influenza H1 N1

Behaviour of germs
Germs can easily be spread through a variety of daily activities. Hand washing is the best and most effective way to prevent the spread of disease. Washing hands loosens and flushes the germs present on the hands.

When to wash hands?
- Before and after eating
- After wiping or touching the nose
- After coughing or sneezing
- After using the toilet
- Before handling food
- After playing with animals

How to wash hands?
- Wet hands with running water
- Use liquid soap and spread over hands
- Rub vigorously on the palms and back of the hands, in between the fingers, under the fingernails and up to the wrists for at least 10 seconds.
- Rinse hands thoroughly to remove all soap for another 10 seconds.
- Preferably use a paper towel to dry the hands and turn off the tap.

The process of thoroughly washing and rinsing the hands should take at least 10 to 15 seconds. This can be done by slowly counting to 10 when washing and then slowly counting to ten while rinsing. Another way of counting the time taken to wash the hands properly is counting the time taken to sing ‘Happy Birthday twice.

Hands should be dried properly because moist skin can harbor bacteria. Cloth towels are not recommended, specially in public places, because they cause recontamination. Liquid soap is preferable because solid soap can become contaminated and is likely to transfer the germs from one person to another.
A suspected case of influenza A(H1N1, 2009) virus infection is defined as a person with acute febrile respiratory illness with onset.

- Within 7 days of close contact with a person who is a confirmed case of influenza A(H1N1) virus infection or

- Within 7 days of travel to an area where there are one or more confirmed influenza A(H1N1), or

- Resides in a community where there is one or more confirmed A(H1N1, 2009) influenza cases.

A confirmed case of influenza A(H1N1, 2009) virus infection is defined as a person with acute febrile respiratory illness with laboratory confirmed influenza A(H1N1) virus infection by one or more of the following tests:

1. Real-time RT-PCR
2. Viral culture

*1 Acute respiratory illness is defined as recent onset of at least two of the following rhinorrhea or nasal congestion, sore throat, cough (with or without fever of feverishness).

*2 Close contact is defined as: - within about 6 feet of an ill person who is a confirmed or suspected case of influenza A(H1N1) virus infection.
**IMMEDIATE MEASURES AT ALL WORK PLACES**

- All employees to be informed that everyone is required to make a self-assessment, every morning before attending duty, for symptoms of influenza – like illness.

- Any staff with influenza – like illness (fever with cough or sore throat) should stay home and not attend work, nor go into the community, except to seek medical care.

- All Head of Sections to monitor staff for symptoms of Influenza like illness. Any staff showing symptoms of a suspected case of influenza A(H1N1, 2009) should be sent home or to a Community Health Centre as soon as possible.

- All employees to be informed that, to reduce the spread of influenza, everyone should stringently follow sanitary measures, including covering their nose and mouth with a tissue when coughing and sneezing and frequently washing hands with soap and water.

- Heads of sections to ensure that liquid soap and disposable towel (where hand dryers are not available) be made available at all work places.

- All work places be kept clean and all door handles, toilet handles/knobs, taps, etc be disinfected with 70% alcohol.

- Adequate ventilation be ensured at all workplaces.
ILLUSTRATION OF PROPER HANDWASHING TECHNIQUES

1. Wash hand with water
2. Apply enough soap to cover all hand surfaces
3. Rub hands palm to palm
4. Right palm over left dorsum with interlaced fingers and vice versa
5. Palm to palm with fingers interlaced
6. Back of fingers to opposing palms with fingers interlocked
7. Rotational rubbing of left thumb clasped in right palm and vice versa
8. Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa
9. Rinse hands with water
10. Dry thoroughly with a single use towel
11. Use towel to turn off faucet

... and your hands are safe.