



## **INFLUENZA A H1N1 SWINE FLU INFORMATION UPDATE (2/09) - 13 JULY 2009**

You may be aware that on the 2 July the Secretary Of State for Health, announced to the House of Commons that the UK would move away from attempting to contain the number of cases of H1N1 (Swine Flu) in the UK, to a strategy focusing more on treating the increasing numbers of people falling ill. In line with Health Protection Agency guidance and after successful ministerial meetings with Host Nation Authorities, BFGHS is now adopting a mitigation and treatment strategy in order to assist in reducing the effects of Swine Flu on the BFG community.

### **What does this change of strategy mean for individuals?**

BFGHS will continue to offer a first class healthcare system and will provide appropriate treatment and support for those suffering from Swine Flu whilst maintaining other essential medical care to the community. For individuals the actions on experiencing the signs and symptoms of Swine flu remain the same:

#### **If you experience the signs and symptoms of Swine Flu:**

- Fever
- Cough or shortness of breath
- Headache
- Tiredness
- Chills
- Aching muscles
- Sore throat
- Runny nose
- Sneezing
- Loss of appetite

#### **DO NOT REPORT IN PERSON TO YOUR MEDICAL CENTRE OR LOCAL GERMAN HOSPITAL**

#### **If you feel ill whilst at work:**

- Report it immediately to your line manager, do not simply carry on working
- Telephone your local medical centre who will advise you on your condition and any potential treatment.

#### **If you develop symptoms whilst not at work:**

- Stay at home or in your SLA
- Telephone your medical centre (this will default to the Telephone Assessment Service (TAS) in silent hours)
- Advise your workplace, or unit, by telephone.
- Do not go to work until you are fully recovered as advised by the medical centre, ensuring that you complete any prescribed treatment.

Although many countries are gradually moving to this new phase as part of the global response to Swine Flu, it is important that the BFG community continues to do everything possible to stop the virus spreading. The message to the BFG community continues to be the practice of good respiratory and hand hygiene. Catch your sneeze in a tissue, place it quickly in a bin and wash your hands regularly to kill the virus.

**CATCH IT - BIN IT - KILL IT!**