



Pandemic Flu Virus

In light of the current Pandemic Flu Virus worldwide, please see below guidance on symptoms and preventive measures you can take.

Symptoms are very similar to normal Flu, fever/fatigue/lack of appetite/coughing/sore throat, and in severe cases vomiting/diarrhoea.

As with normal Flu, if you have the above symptoms you should stay at home and limit contact with others, if symptoms persist, contact your GP or NHS direct.

The following guidance has been issued by the Health Protection Agency to protect against infection.

- Always cover the mouth/nose with a disposable tissue if you sneeze or cough.
- Dispose of tissues immediately into the toilet or sealed bin, not into open bins.
- Maintain high levels of personal hygiene, frequent hand washing to reduce spread from hands to mouth, or to others you come into contact with
- At home ensure hard surfaces in kitchens/bathrooms are frequently cleaned.

The HPA have advised the wearing of face masks by healthy people is not necessary, unless you are living with, treating or coming onto contact with someone who has been diagnosed with the virus, these masks offer limited protection for a very short period of time.

As its name suggests the Flu originates in Pigs, but is transferrable human to human, through direct contact only, it is not possible to contract Swine Flu from Pork, Bacon or any pig derived food products.

Further guidance and information is available from

www.hpa.org.uk	Health Protection Agency
www.dh.gov.uk	Department of Health
www.who.int	World Health Organisation

0800 1513 513 Department of Health Info line

Health and Safety Manager