

H1N1/09 PANDEMIC GUIDELINES

NOSS recognises the importance of minimising the spread of any influenza pandemic and promoting effective treatment for staff and clients. Accordingly, the following guidelines have been prepared:

H1N1/09 influenza

General information on the recent outbreak of H1N1/09 is available (see Attachment 1).

Symptoms include:

1. Fever (greater than 38 degrees)
2. Cough and/or sore throat
3. Other signs may include tiredness, headache, runny/congested nose, diarrhoea and/or vomiting.

Preventative Measures

A number of simple yet effective means to protect yourself and others from the flu are listed in Attachment 2. These include:

- Safe cough methods
- Hand washing
- Distancing
- Information – flu symptoms
- Cleaning commonly touched items on a daily basis (eg door handles. See Attachment 3)

The following items are available at the NOSS Office for infection control:

- Alcohol based hand rub
- Face masks

Treatment

If staff develop flu-like symptoms at work they should:

1. Notify NOSS office staff and go home
2. Seek and follow medical advice
3. If you are in a high risk category (see Attachment 1) ring the Pandemic Hotline on 1800 FLU DOC/ 1800358362.
4. Provide medical clearance on return to work

If a client develops flu-like symptoms during support hours, staff should notify the NOSS office who will, in turn contact the residential service or advocate to arrange for the client to return home.

Up to date information is available from the DHHS website www.pandemic.tas.gov.au