

Safety Alert

To: All EGT Apprentices and Supervising Electrical Workers
From: Paul Laycock, OSH Advisor
CC: Field Officers
Date: 20 July 2009
Re: **H1N1 Influenza 09 (Human Swine Flu)** **SA18**

Human swine flu is a respiratory disease caused by a new influenza virus .It is thought to be spread the same way as seasonal flu spreads, mainly through person to person through coughing and or sneezing. Some times people may become infected by touching something with the Flu viruses on it and then touching their mouth or nose. Human Swine Flu is infectious and is capable of spreading from human to Human.

What are the Signs and Symptoms of Human Swine Flu?

The symptoms of Human swine flu in people are similar to the symptoms of the regular flu and include fever, coughs, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and have vomiting associated with Human Swine Flu.

Like seasonal flu Human Swine flu may cause worsening of underlying chronic medical conditions.

We all have a role to play. Protect yourself. Protect others.

What to do if you feel unwell

People with mild flu-like illness should stay at home. People who are moderately unwell with Flu-like symptoms should call ahead then visit their GP. Only people who are seriously unwell should visit a hospital emergency department

Good hygiene remains vital.

Wash your hands well and often with soap and water especially after you cough or sneeze Alcohol based hand cleaners are also effective. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away in a plastic lined rubbish bin immediately after use. Avoid touching your eyes, nose or mouth. Germs spread that way

Current Status

Western Australia is now in the PROTECT phase. The world Health organization (WHO) Pandemic alert level is now at phase 6. This indicates that a global pandemic is under way.

Changes due to PROTECT phase

- Normal operations will resume at international airports.
- Schools will not be closed if students are found to have Human Swine Flu. Children are urged to stay home if they are unwell, to protect their classmates. Children no longer need to be kept home after travelling.
- Voluntary home isolation is recommended for those who have mild illness. Contacts will no longer be quarantined.

What you do if you are diagnosed with Swine Flu.

- **EGT Apprentices please report to EGT (Paul Laycock 0409 291 842) if you are diagnosed with swine flu or have been advised by your GP to stay away from work.**
- **Hosts please notify EGT if any of your staff have been diagnosed with Human Swine Flu if an EGT Apprentice has been working with the infected staff member (EGT do not require personal details of the worker)**
- **Follow all recommendation and treatment prescribed by your GP.**
- **If you need medical advise, telephone your Doctor or *Healthdirect Australia* on 180 00 22222. There may be no need to see a doctor if your symptoms are mild.**