

What TRIUMF staff needs to know about the swine flu (Influenza A –H1N1) virus.

1. The data from the southern hemisphere for the winter period which has just ended, has lead to the following observations:
 - a. The swine flu was mild in severity with most people experiencing a mild illness and a relatively quick recovery (3-5 days).
 - b. The mortality rate from swine flu doesn't appear, so far, to be any different from that for normal influenza.
 - c. There is evidence that the regular flu vaccine may increase the susceptibility to swine flu. As a result, BC and other provinces have halted regular flu vaccine at this time.

2. Preventive measures for controlling the spread of swine flu or any other virus:
 - a. A vaccine for swine flu is not expected until November. Staff will be informed when it is available.
 - b. Airborne particulate is the principle route for spreading the virus. Staff can also become infected by coming in contact with contaminated surfaces.
 - i. Sneeze away from others and preferably cover the whole sneeze with an elbow or tissue to keep from spreading germs.
 - ii. Staff is encouraged to clean hands before or after coming in contact with shared surfaces. *Twenty seconds* of hand-washing also provides better decontamination then a hand sanitizer.
 - c. If you have flu symptoms (a cold with fever, headache or body ache) notify your supervisor and stay home to recuperate rather than coming to work and risking infecting co-workers.

3. TRIUMF response in the event that the swine flu escalates in the community:
 - a. TRIUMF has drafted an emergency response plan for pandemic. The Emergency Management Group will coordinate the required response and communicate with TRIUMF staff via the website and posted notices.
 - b. Staff is responsible for reporting into work unless they have been notified not to, or that they are unable to do so. Supervisors must be notified if you will be absent.
 - c. Many TRIUMF staff also work at UBC. TRIUMF will stay in contact with UBC and keep staff apprised of UBC plans.

- d. Notices will be posted to ensure that visitors are aware of TRIUMF's policy with regard to site access for individuals who may be suffering from the flu.
 - e. The Emergency Management Group will also take into consideration advisory notices from community, provincial and federal health organizations that have a role in advising the public on health on influenza and other diseases. For example, BC Center for Disease Control disseminates information with regard to the extent of infection in the community and the need to curtail public gatherings in order to stem the spread of the disease.
4. Several public health organizations that play a role in monitoring and informing the public about influenza and other diseases have information available at the following websites:
- a. Public Health Agency of Canada, pandemic preparedness - <http://www.phac-aspc.gc.ca/influenza/pp-faq-eng.php>
 - b. BC Center for Disease Control has recent Health Alerts - <http://www.bccdc.ca/dis-cond/az/h/HumanSwineFlu/default.htm>
 - c. BC Government HealthLink has information on Health Alerts - <http://www.healthlinkbc.ca/kbaltindex.asp>