The background of the slide is a faded, blue-tinted photograph of an industrial site. In the center, a worker wearing a hard hat and safety gear is walking on a metal walkway or staircase. The background shows various industrial structures, including pipes, railings, and what appears to be a large storage tank or silo on the left. The overall tone is professional and industrial.

INFLUENZA - SWINE FLU SELF STUDY PACKAGE

For TET's Staff

BY QHSE DEPT.

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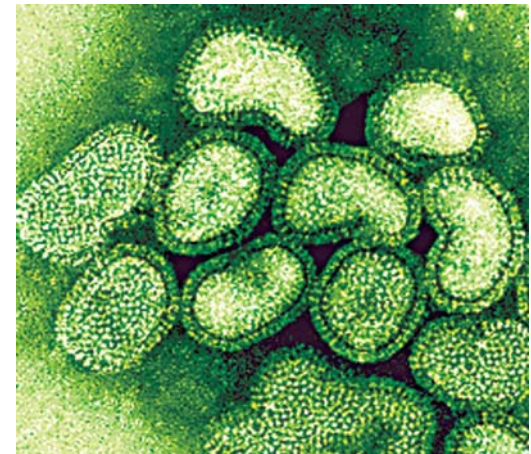
OUTLINE

- ✓ WHAT IS SWINE FLU ?
- ✓ **SIGNS AND SYMPTOMS**
- ✓ HOW DOES SWINE FLU SPREAD ?
- ✓ **HOW CAN SOMEONE WITH THE FLU INFECT SOMEONE ELSE ?**
- ✓ WHAT SHOULD I DO TO KEEP FROM GETTING THE FLU ?
- ✓ **SAFETY PRECAUTIONS**
- ✓ TRAVEL HEALTH
- ✓ **WHAT CAN I DO TO PROTECT MYSELF FROM GETTING SICK ?**
- ✓ IS IT SAFE IF I EAT PORK ?
- ✓ **THERE ARE EVERYDAY ACTIONS PEOPLE CAN TAKE TO STAY HEALTHY.**
- ✓ WHAT IS THE BEST WAY TO KEEP FROM SPREADING THE VIRUS THROUGH COUGHING OR SNEEZING ?
- ✓ **TRAVEL ADVISORY**
- ✓ FOOD SAFETY ISSUES
- ✓ **GENERAL HEALTH TIPS**
- ✓ WHAT SHOULD I DO IF I GET SICK ?
- ✓ **IS THERE A HUMAN VACCINE TO PROTECT FROM SWINE INFLUENZA ?**
- ✓ WHAT DRUGS ARE AVAILABLE FOR TREATMENT ?

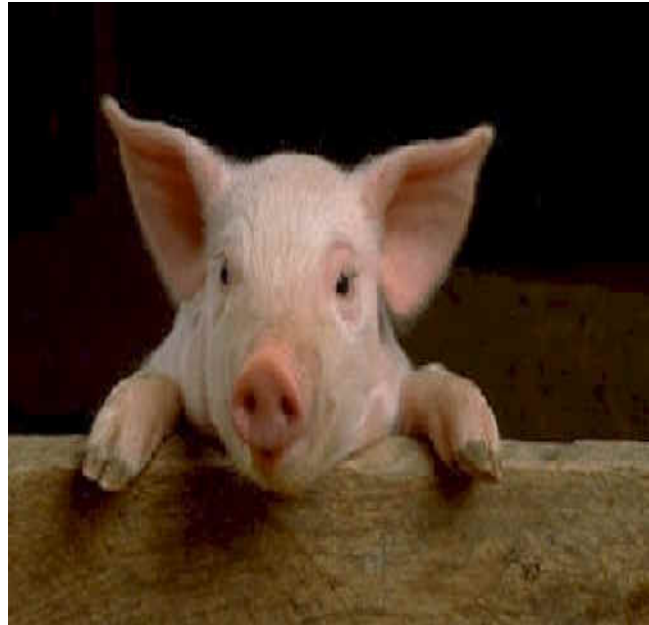
WHAT IS SWINE FLU ?

- **Swine Influenza (swine flu)** is a respiratory disease of pigs **caused by type A influenza viruses (H1N1 subtype)** that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen

Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people



SIGNS AND SYMPTOMS



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

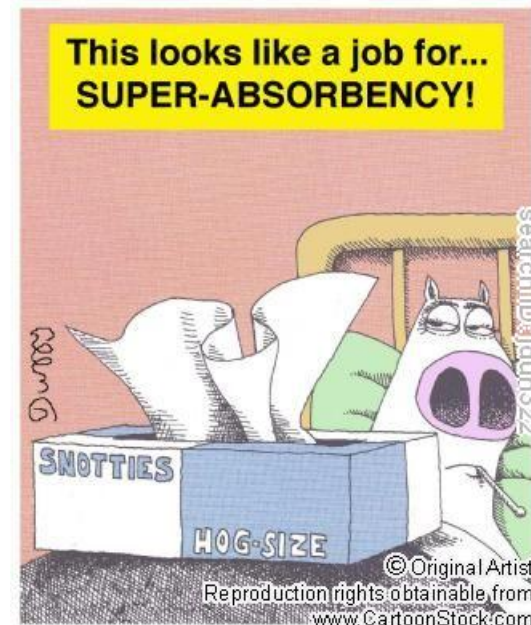
In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people.

Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

SIGNS AND SYMPTOMS

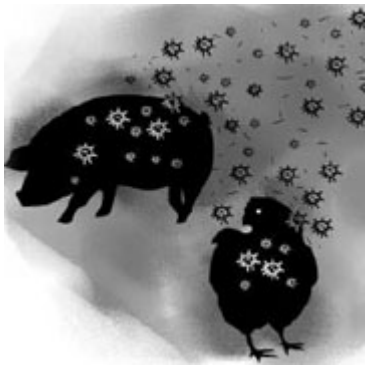
The symptoms of swine flu in people are similar to the symptoms of seasonal flu in humans and may include:

- ✓ **Fever (greater than 100°F or 37.8°C)**
- ✓ **Sore throat**
- ✓ **Cough**
- ✓ **Stuffy nose**
- ✓ **Chills**
- ✓ **Headache and body aches**
- ✓ **Fatigue**



HOW DOES SWINE FLU SPREAD ?

- Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are **spread mainly from person to person through coughing or sneezing** of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.





MINIMISING THE RISK OF AN EPIDEMIC

- ✓ **Culling – killing large numbers of infected and potentially infected animals**
- ✓ **Quarantine – putting infected farms in quarantine**
- ✓ **Vaccinating birds against the virus – remains controversial and contentious. Indonesia launched poultry vaccination in July 2004 and Thailand is considering the same measure**
- ✓ **Latest normal flu vaccine – for people involved in culling operations to minimize the risk of being infected by both bird flu and human flu simultaneously**

HOW CAN SOMEONE WITH THE FLU INFECT SOMEONE ELSE ?

- Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.



WHAT SHOULD I DO TO KEEP FROM GETTING THE FLU ?

- First and most important: **wash your hands**. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. **Avoid close contact with people who are sick.**

SAFETY PRECAUTIONS

- ✓ Avoid live animal markets, poultry and pig farms in affected countries
- ✓ **Always maintain high levels of personal hygiene, especially before and after food preparation and in-out of toilets. Regular wash your hands**
- ✓ Cook pork thoroughly
- ✓ **Do not consume half-done pork**
- ✓ While in an affected region, seek immediate medical attention if you develop influenza-like symptoms. (High Fever, body pain, coughing and red nose)

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TRAVEL HEALTH

- ✓ WHO does not recommend any travel restrictions to areas experiencing outbreaks, including countries, which have reported, associated cases of human infection.
- ✓ WHO does not, at present recommend the routine screening of travelers coming from affected areas.



Spreading Country as on April 27, 2009 are ; Mexico, US, New Zealand, Israel, China



WHAT CAN I DO TO PROTECT MYSELF FROM GETTING SICK ?

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- ✓ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it
- ✓ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective
- ✓ Avoid touching your eyes, nose or mouth. Germs spread this way
- ✓ Try to avoid close contact with sick people

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IS IT SAFE IF I EAT PORK ?

- **Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.**



THERE ARE EVERYDAY ACTIONS PEOPLE CAN TAKE TO STAY HEALTHY

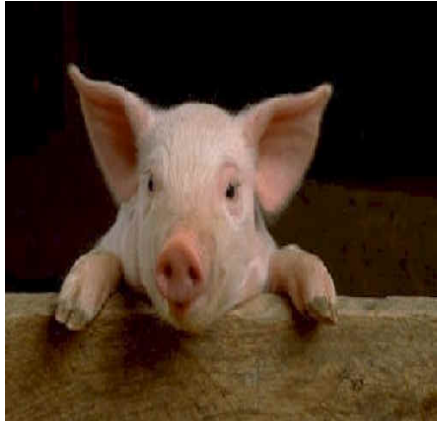
- ▶ **Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it**
- ▶ **Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective**
- ▶ **Avoid touching your eyes, nose or mouth. Germs spread that way**



WHAT IS THE BEST WAY TO KEEP FROM SPREADING THE VIRUS THROUGH COUGHING OR SNEEZING ?

- ▶ **If you are sick**, limit your contact with other people as much as possible. **Do not go to work** , stay at home or in your hotel room . **Cover your mouth and nose with a mask when coughing or sneezing**. It may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a mask. Then, clean your hands, and do so every time you cough or sneeze.

TRAVEL ADVISORY



● DO YOU REALLY NEED TO TRAVEL?

● Before any travel to affected area

- Educate yourself and others traveling with you
- Take specific vaccinations as recommended by CDC of both US and Thailand
- Assemble travel health kit
- Check your health insurance plan

● During travel to an affected area

- Avoid all direct contact with pigs and visiting the farms
- **Practice careful and frequent hand washing**
- Consume thoroughly cooked food
- Seek immediate medical attention if symptoms occur

● After your return

- Monitor your health for 10 days
- If you become ill with high fever consult a doctor immediately.

FOOD SAFETY ISSUES



- **Cook food thoroughly**
- **Follow good hygienic practices**
- **No “pink” parts for meat**
- **Buy food from safe and established supermarkets**
- **Check the expiry date (if any)**
- **Choose a clean and known restaurant for dining**

GENERAL HEALTH TIPS

► **Avoid close contact**

- With sick people. Keep safe distance

► **Stay home when you are sick**

- If possible, stay home from work, school, and errands

► **Cover your mouth and nose**

- Cover mouth and nose with tissue when coughing or sneezing

► **Clean your hands**

- Frequent hand washing will protect you from germs

► **Avoid touching your eyes, nose or mouth**

- Germs often spread when a person touches something that is contaminated and then touches his or her eyes, nose or mouth



WHAT SHOULD I DO IF I GET SICK ?

In children emergency warning signs that need urgent medical attention include:

- ▶ **Fast breathing or trouble breathing**
- ▶ **Bluish skin color**
- ▶ **Not drinking enough fluids**
- ▶ **Not waking up or not interacting**
- ▶ **Being so irritable that the child does not want to be held**
- ▶ **Flu-like symptoms improve but then return with fever and worse cough**
- ▶ **Fever with a rash**

In adults, emergency warning signs that need urgent medical attention include:

- ▶ **Difficulty breathing or shortness of breath**
- ▶ **Pain or pressure in the chest or abdomen**
- ▶ **Sudden dizziness**
- ▶ **Confusion**
- ▶ **Severe or persistent vomiting**

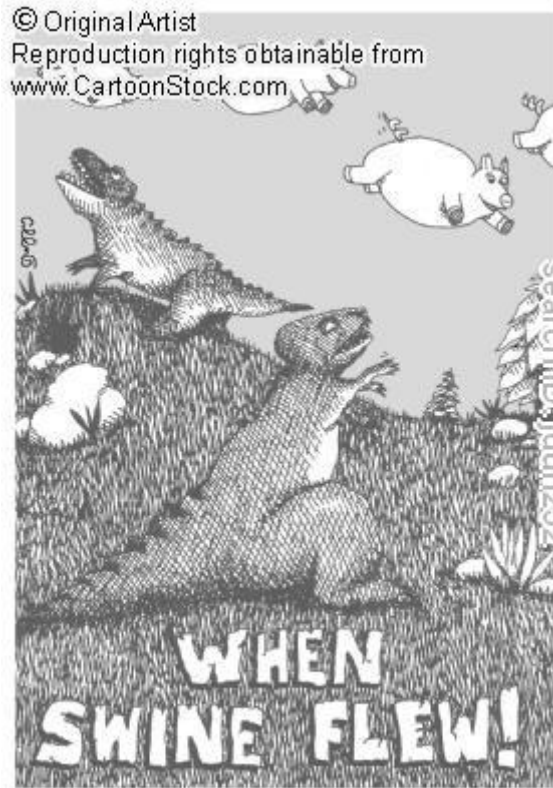
IS THERE A HUMAN VACCINE TO PROTECT FROM SWINE INFLUENZA ?

- There are no vaccines that contain the current swine influenza virus causing illness in humans. It is not known whether current human seasonal influenza vaccines can provide any protection. Influenza viruses change very quickly. It is important to develop a vaccine against the currently circulating virus strain for it to provide maximum protection to the vaccinated people. This is why WHO needs access to as many viruses as possible in order to select the most appropriate candidate vaccine virus.

WHAT DRUGS ARE AVAILABLE FOR TREATMENT ?

- Antiviral drugs for seasonal influenza are available in some countries and effectively prevent and treat the illness. There are two classes of such medicines, 1) adamantanes (amantadine and remantadine), and 2) inhibitors of influenza neuraminidase (oseltamivir and zanamivir).

THANK YOU FOR YOUR ATTENTION



ANY FURTHER QUESTIONS : Please e-mail: TET-HSE@technip.com

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