

Influenza A H1N1 – Keeping you Informed

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The Ministry of Health has announced the move from “Contain It” to “Manage It”.

This means that instead of being assessed by the Public Health Services, people who become unwell with any type of influenza will be expected to stay home and look after themselves, and call their GP only if they develop a more serious illness.

Most people will be able to, and will be expected to, look after themselves at home. They will not need medical help, and they will soon recover.

Treatment with antivirals Tamiflu and Relenza will be prescribed for people with more severe influenza or those at higher risk of complications.

Similarly, swabbing and testing to identify the exact type of influenza will be used to support medical management of the more serious cases, or those who are most vulnerable.

Once again, the MOH emphasize the following points:

- Be prepared.
- If you’ve got flu symptoms stay at home for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.
- Stop the spread of flu germs.
- If your condition worsens seek medical advice by phoning Healthline on 0800 611 116, or your GP.

Mclsaac Caregiving is continuing our proactive pandemic preparedness plans.

At the first sign of flu like symptoms our staff will wear protective masks and gloves when working within 1 metre of a client. Where possible, clients are asked to wear protective masks as well. Hand sanitizing gel will be used throughout the shift.

Extra gloves, masks and hand sanitizer have been supplied to all Area Supervisors to ensure that each household is covered in case of an emergency. These will be delivered to you by the Area Supervisors. Many of you will also have your regular supplies in stock.

In some severe cases where the client has extreme coughs and sneezes, protective eye wear and aprons will be supplied by the Area Supervisor.

Over the next month the team meeting briefings will focus on infection control and the Influenza Pandemic.

We are ensuring that over and above the usual training all carers will be informed and prepared to provide you with ongoing care in the eventuality of Influenza A H1N1 in your household.