



Information for Staff and Their Families

For an Influenza Pandemic

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Chapter 1

Health Advisory on self protection for travel to/through or living in outbreak regions

The following recommendations are directed to UN staff and their recognized dependents travelling to/through or living in areas where avian influenza A (H5N1) outbreaks among poultry or human H5N1 cases have been reported. These recommendations may be revised as more information becomes available.

Basic Precautions

To minimize the possibility of infection, observe precautions to safeguard your health. Specifically, travellers should avoid touching live or dead poultry (e.g., chickens, ducks, geese, pigeons, quail) or any wild birds or their faeces, and avoid settings where H5N1-infected poultry may be present, such as commercial or backyard poultry farms and live poultry markets.

Do not eat uncooked or undercooked poultry or poultry products, including dishes made with uncooked poultry blood especially in places where you are not sure that proper food precautions have been taken.

As with other infectious illnesses, one of the most important preventive practices is careful and frequent hand washing. Cleaning your hands often, using either soap and water (or waterless, alcohol-based hand rubs when soap is not available and hands are not visibly soiled), removes potentially infectious materials from your skin and helps prevent disease transmission.

Chapter 1

Health Advisory on Self Protection for travel to/through or living in outbreak regions

Food Preparation

Separate raw meat from cooked or ready-to-eat foods. Do not use the same chopping board or the same knife for preparing raw meat and cooked or ready-to-eat foods.

Do not handle either raw or cooked foods without washing your hands in between.

Do not place cooked meat back on the same plate or surface it was on before it was cooked.

All foods from poultry, including eggs and poultry blood, should be cooked thoroughly. Egg yolks should not be runny or liquid. Because influenza viruses are destroyed by heat, the cooking temperature for poultry meat should reach 70°C (158° F).

Wash egg shells in soapy water before handling and cooking, and wash your hands afterwards. Do not use raw or soft-boiled eggs in foods that will not be cooked.

After handling raw poultry or eggs, wash your hands and all surfaces and utensils thoroughly with soap and water.

Chapter 1

Health Advisory on Self Protection for travel to/through or living in outbreak regions

If you believe you may have been exposed

Monitor your health for 10 days.

If you become ill with fever and develop a cough or difficulty breathing, or if you develop any illness during this 10-day period, consult a health-care provider.

Before you visit a health-care setting, tell the provider the following: 1) your symptoms 2) if you have had direct poultry contact, and 3) where you travelled.

Do not travel while sick, and limit contact with others as much as possible to help prevent the spread of any infectious illness.

Chapter 2

Protecting yourself and others against respiratory illness

Respiratory illnesses like influenza are spread by coughing, sneezing or contaminated hands. To help stop the spread of micro organisms:

Spread

Cover the nose and mouth when coughing or sneezing.

Use a tissue and dispose of it after use in the waste.

Clean your hands after coughing or sneezing.

Wash with soap and water or Clean with alcohol-based hand cleaner

If using a surgical mask, dispose of it carefully after each use and wash hands.

Be careful with respiratory secretion (e.g. coughing and sneezing) when around other people.

It may be best to avoid contact with individuals at risk (small children or those with underlying or chronic illnesses such as immune-suppression or lung disease) until respiratory symptoms have resolved.

Chapter 3

List of 6-week supplies to be stocked

Water

Stock bottled water or store water in plastic containers such as soft drink bottles

A normally active person needs to drink around two litres of water each day. Plan to store 4 litres of water per person per day (2 litres for drinking and two litres for household use such as food preparation and sanitation). Water requirements will also depend on other factors such as temperature, in hot climates an individual's water requirement may double and children, nursing mothers and those who are ill often require additional supplies.

You should store enough water for at least a six-week period. Water purification kits or filters are readily available and should be purchased as a back up.

Food

Store a six-week supply of non-perishable foods, you may wish to consider if you can start a vegetable garden and what you could grow yourself during the winter season, in order to supplement your provisions.

Select foods that require no refrigeration as electricity supplies may not be available. Consider how you will cook the food, if you need to stock up on gas bottles, for example. As clean water may be limited, choose foods that require little or no water to prepare. An example of suggested supplies is given in the following table.

Chapter 3

Table of 6-week supplies to be stocked

<p>FOOD</p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned food (meat, fish, soups, vegetables and fruit) <input type="checkbox"/> Canned or bottled juices <input type="checkbox"/> Crackers <input type="checkbox"/> Dried fruit <input type="checkbox"/> Dried goods (noodles, rice) <input type="checkbox"/> Dry cereal (muesli, dried nuts) <input type="checkbox"/> High-energy foods (protein/fruit bars) <input type="checkbox"/> Infant food and formula (canned/jars) <input type="checkbox"/> Nuts and nut butters (e.g. peanut butter) <input type="checkbox"/> Oil (vegetable, corn, etc.) <input type="checkbox"/> Comfort foods <input type="checkbox"/> Pet food <input type="checkbox"/> Seasonings (salt, pepper, sugar other spices) <input type="checkbox"/> Spreads (ketchup, mustard) <input type="checkbox"/> Vinegar 	<p>SUPPLIES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Toothbrush and toothpaste <input type="checkbox"/> Personal hygiene: Soap, shampoo, deodorant etc. <input type="checkbox"/> Baby supplies: Disposable diapers/nappies, cotton wool/lotion/barrier cream etc. <input type="checkbox"/> Feminine hygiene products <input type="checkbox"/> Tissues <input type="checkbox"/> Toilet paper <input type="checkbox"/> Spare hearing aide batteries (if applicable) <input type="checkbox"/> Spare contact lenses (if applicable) <input type="checkbox"/> Prescription medications (6 week supply) <input type="checkbox"/> Battery-powered clock <input type="checkbox"/> Portable radio (e.g. battery or solar powered) <input type="checkbox"/> Fire extinguisher (know how to use it) <input type="checkbox"/> Flashlight (with extra batteries) <input type="checkbox"/> Cleaning supplies (household detergent, household bleach, alcohol etc) <input type="checkbox"/> Garbage bags <input type="checkbox"/> Manual can/bottle opener
<p>WATER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bottled water <input type="checkbox"/> Bottle water for infants <input type="checkbox"/> Plastic bottles/containers for storage <input type="checkbox"/> Water purification kits or filters 	<p>FUEL</p> <ul style="list-style-type: none"> <input type="checkbox"/> Batteries (what sizes do you need) <input type="checkbox"/> Candles and matches/lighters <input type="checkbox"/> Gasoline/petrol/diesel for car <input type="checkbox"/> Paraffin lamps <input type="checkbox"/> Fuel supply for heating (winter months)
<p>MEDICAL KITS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fever reducing medication for adults and children (e.g. Paracetamol) <input type="checkbox"/> Thermometer (plus a spare) <input type="checkbox"/> Face masks (e.g. 3 ply simple surgical) <input type="checkbox"/> Waterless alcohol-based hand sanitizer <input type="checkbox"/> Vitamins <input type="checkbox"/> Antacid <input type="checkbox"/> Antidiarrhoea medication <input type="checkbox"/> CPR breathing barrier/face shield <input type="checkbox"/> Adhesive tape, two-inch width <input type="checkbox"/> Antiseptic wipes <input type="checkbox"/> Sterile dressing, small and large <input type="checkbox"/> Bandages, various sizes <input type="checkbox"/> Triangular bandage <input type="checkbox"/> Pairs of medical grade non-latex gloves <input type="checkbox"/> Cold/hot pack <input type="checkbox"/> Fluid with electrolytes (or sachets) <input type="checkbox"/> Scissors/Tweezers 	<p>LEISURE ITEMS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Books <input type="checkbox"/> Diary/journal <input type="checkbox"/> Drawing materials <input type="checkbox"/> Games <input type="checkbox"/> Toys <input type="checkbox"/> Crafts <p>Notes: You may need extra bedding if a family member becomes sick, such as sheets, towels, plastic mattress covers, etc. Consider where you could make up a sick bay which could be isolated from the rest of the house, preferably with a well sealed door. In order to reduce the spread of illness to other household members good hygiene practices such as hand washing, respiratory etiquette, the safe handling of items that may be have infectious material on them and reducing the number of persons who have contact with the patient should be employed.</p>

Chapter 3

Food Storage Advice

- Keep food in the driest and coolest spot in the house – a dark area if possible. Make sure that it is sealed off from possible vermin, stray animals and other scavengers.
- Keep food covered at all times.
- Open food boxes or cans carefully so that you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags, keep them in tight containers, this will stop them from going stale and prolong shelf life.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or airtight cans to protect them from pests.
- Inspect all food containers for signs of spoilage before use.
- If you lose power, minimize waste by using the food in your fridge first, then the freezer and then finally your non-perishable items.

Shelf life guidelines

Here are some general guidelines for rotating common emergency foods.

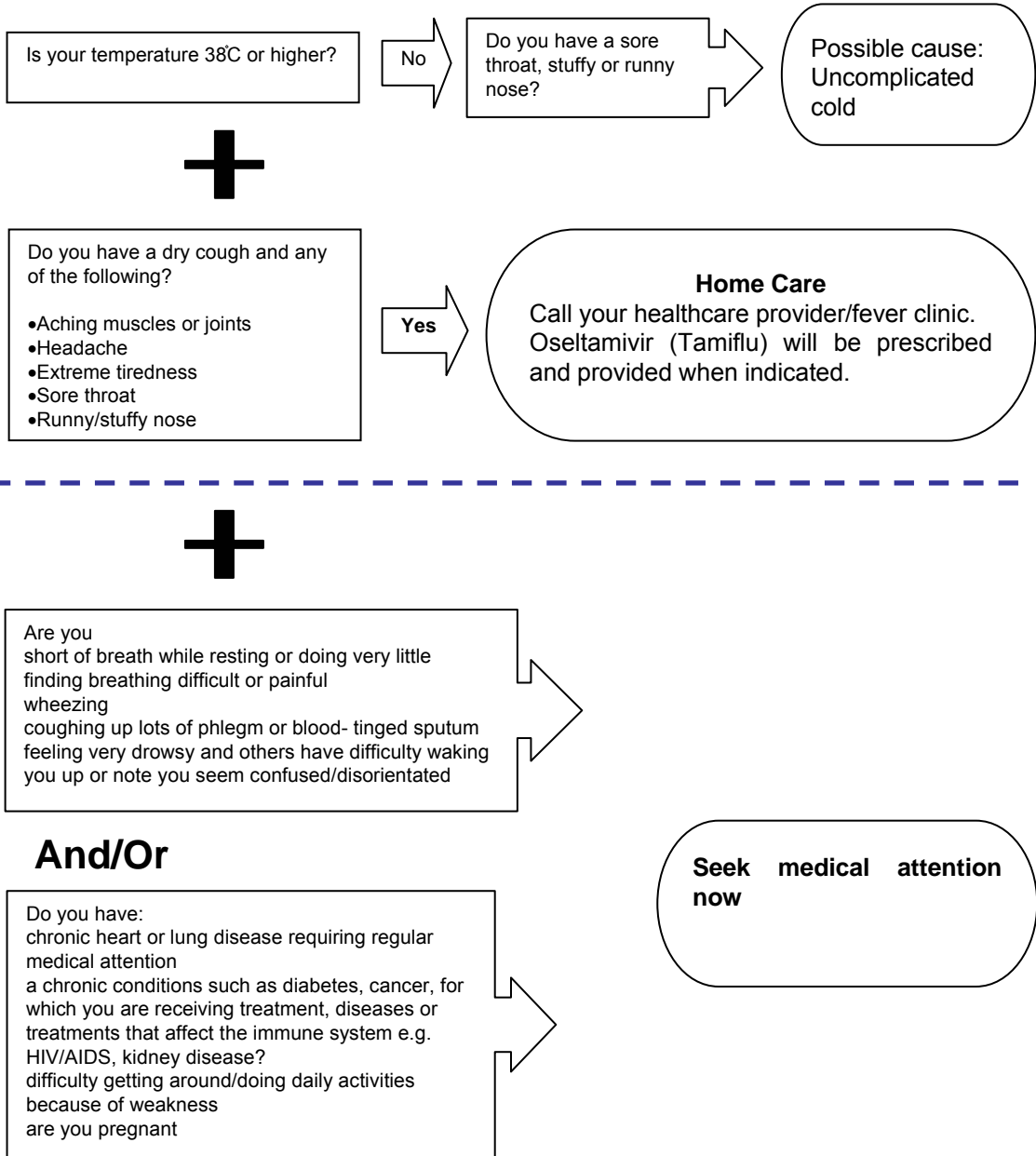
Use within six months: Powdered milk (boxed), dried fruit (in metal container), dry, crisp crackers (in metal container), and potatoes

Use within one year: Canned condensed meat and vegetable soups; canned fruits, fruit juices and vegetables; ready-to-eat cereals and uncooked instant cereals (in metal containers); peanut butter, jams; hard candy, chocolate bars and canned nuts.

May be stored indefinitely (in proper containers and conditions): Wheat; vegetable oils; corn; baking powder, soybeans, instant coffee, tea, vitamin C and cocoa, salt, non-carbonated soft drinks, white rice, bouillon products, dry pasta, powdered milk (in nitrogen-packed cans).

Chapter 4

Self Care Algorithm for Adults Phase 6 Pandemic Influenza



Chapter 4

What you can do for yourself

Rest – you will probably feel very weak until your temperature returns to normal

Fluids – extra fluids are needed to replace those lost in sweating and respirations. If your urine is dark, you need more to drink. Warm fluids help loosen mucus.

Take paracetamol as recommended on the package for fever and muscle pain.

Children less than 18 years of age should NOT take acetylsalicylic acid (**Aspirin, ASA**) or any products containing acetylsalicylic acid (**ASA**) or other salicylates.

Antibiotics will not help, except for bacterial complications.

Treat your symptoms, e.g. cough suppressant

Stay home – adults for 7 days after the resolution of fever and children for 21 days after the initial onset of symptoms

Ask for help from family/friends if you live alone, are a single parent with small children, or are having a hard time taking care of your own/your family's needs.

Osetamivir Tamiflu

Take osetamivir (Tamiflu) as soon as possible

Adult treatment dose – 75mg capsules twice a day for 5 days. Weight-adjusted doses of suspension in children.

Osetamivir (Tamiflu) is a prescription medication and should be taken according to medical advice. To obtain osetamivir (Tamiflu) – first contact your healthcare provider – if possible by phone.

If supplies are unavailable contact your UN healthcare facility/fever clinic. Other antiviral drugs may be recommended under some circumstances.

A friend or relative will need to go to the UN healthcare facility/fever clinic to collect your supply, they will be required to produce proof of your identification such as your passport, ID badge, Building Pass, Ground Pass, the dispensing officer will then confirm your details with the organizations records prior to dispensing the medication

Medical Attention

If any of the following happen during the flu, SEEK MEDICAL ATTENTION

you are short of breath especially while resting

you have pain in your chest when you breathe

you are coughing up bloody sputum

you are wheezing

you still have a fever and are not feeling better after 5 days

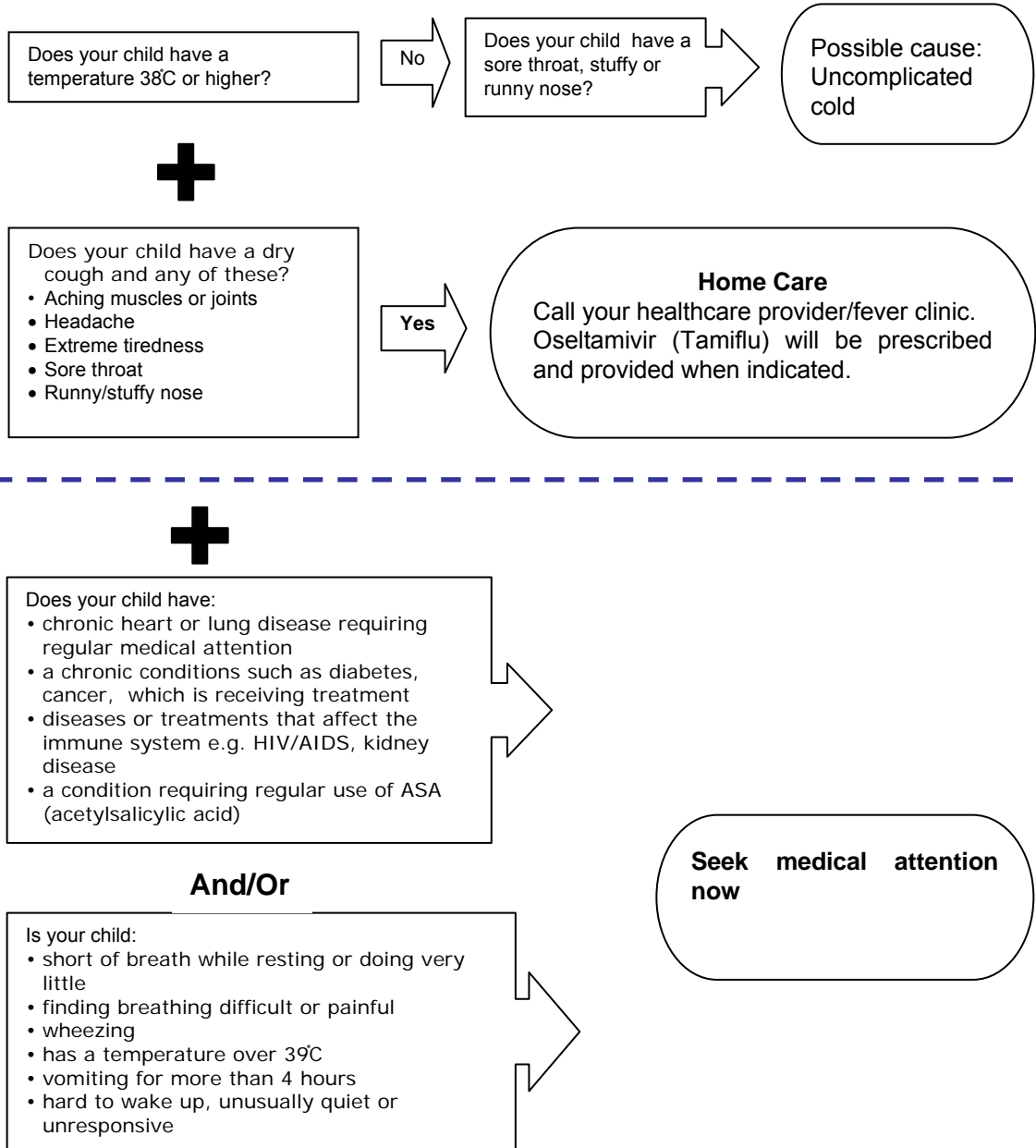
you are feeling better and then you develop a new fever or worsening cough with sputum

you or others note that you are extremely drowsy or are confused/disorientated or develop a severe headache.

Chapter 5

Self Care Algorithm for Older Children (Age 6 to Adolescence)

Phase 6 Pandemic Influenza



Chapter 5

What you can do for your child

Allow your child to rest. He/she will probably feel very weak until their temperature returns to normal

Offer fluids frequently while awake; extra fluids are needed to replace those lost in sweating. If your child's urine is dark, they need more to drink.

Give your child paracetamol as recommended on the package for fever and muscle pain.

Children under 18 years of age should not take acetylsalicylic acid (ASA) or any products containing acetylsalicylic acid (ASA). Antibiotics will not help.

Treat your child's symptoms, e.g. cough suppressant, salt water nose drops. Teach your child to cover their mouth when they cough and then throw the tissue away. Wash your hands often and teach your child to do the same.

Keep your child at home for 21 days after the initial onset of symptoms

Oseltamivir Tamiflu

If your child is over the age of one and is taking oseltamivir/Tamiflu for treatment, the dose will be prescribed according to the child's weight. Please follow the weight dose regime prescribed, this information can be found on the information sheet given with the medication.

Oseltamivir/Tamiflu is a prescription medication and should be taken according to medical advice. To obtain Oseltamivir/Tamiflu – first contact your healthcare provider.

If supplies are unavailable contact your UN healthcare facility/fever clinic.

A friend or relative can go to the UN healthcare facility/fever clinic to collect your child's supply, however they will need to know the weight of your child as well as be able to produce proof of your identification such as your passport, ID badge, Building Pass, Ground Pass, the dispensing officer will then confirm your details with the organizations records prior to dispensing the medication.

Medical Attention

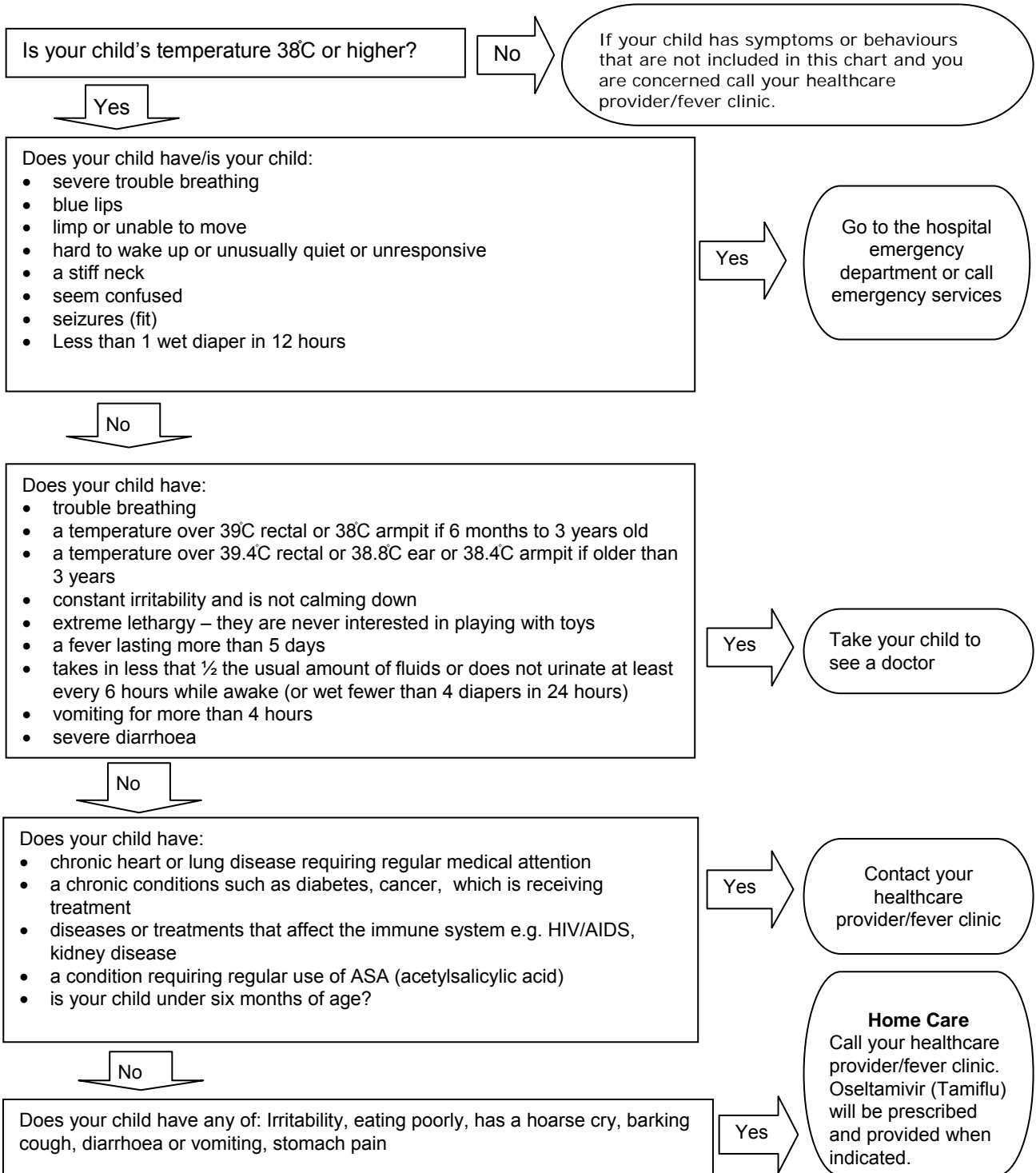
If any of the following happen during the flu TAKE YOUR CHILD TO SEE A DOCTOR

Your child:

- is short of breath even while resting
 - has pain in their chest when you breathe
 - is coughing up bloody sputum
 - is wheezing
 - still have a fever and are not feeling better after 5 days
 - is feeling better and suddenly develops a fever
 - is hard to wake up, unusually sleepy or unresponsive
-

Chapter 6

Self Care Algorithm for Young Children (Age birth to 6 years) Phase 6 Pandemic Influenza



Chapter 7

Infection Control: Home Care for Pandemic Influenza Patients and Household Members

Most patients with pandemic influenza will remain at home during the course of their illness and can be cared for by family members or others who live in the household. Anyone who has been in the household with an influenza patient during the incubation period is at risk for developing influenza. A key objective in this setting is to limit transmission of pandemic influenza within and outside the home.

Management of influenza patients in the home

Physically separate the patient with influenza from non-ill persons living in the home as much as possible.

Patients should not leave the home during the period when they are most likely to be infectious to others (7 days from the resolution of fever for adults and 21 days from the onset of symptoms for children)

When movement outside the home is necessary (e.g. for medical care), the patient should follow respiratory hygiene/cough etiquette (i.e. should cover their mouth and nose when coughing and sneezing) and should wear a simple surgical mask

How to wear a mask: Place the mask over your nose, mouth and chin (the coloured side of the face mask faces the outside) and secure in place with either the strings or elastic bands provided. Adjust the metallic strip over the bridge of your nose to ensure a secure fit so that leaks are prevented. When removing the mask do so by touching the straps only, carefully place the face mask into a plastic bag and tie the bag closed before putting it into a rubbish bin preferably one with a lid.

Chapter 7

Management of other persons in the home

Visitors who have not been exposed to pandemic influenza and who are not essential for patient care or support should not enter the home while persons are still having fever due to pandemic influenza

If unexposed persons must enter the home, they should avoid close contact with the patient.

Persons living in the home with the patient with pandemic influenza should limit contact with the patient to the extent possible; consider designating one person as the primary care provider.

House hold members should be vigilant for the development of influenza symptoms

Chapter 7

Infection control measures in the home

All persons in the household should carefully follow recommendations for hand hygiene (i.e. hand washing with soap and water or use of an alcohol-based hand rub) after contact with an influenza patient or the environment in which they are receiving care.

Although no studies have assessed the use of masks at home to decrease the spread of infection, using a surgical (3 ply) masks by the patient or caregiver, during interactions may be beneficial.

Soiled dishes and eating utensils should be washed either in a dishwasher or with warm water and detergent. If possible keep these items separate until the patient recovers.

After washing up these items remember to wash your own hands with warm water and soap or by using an alcohol based hand rub.

Laundry may be washed in a standard washing machine using warm or cold water with detergent. Although it is not necessary to separate the laundry from the general household's, care should be taken when handling the unwashed items to limit the spread of the virus and self contamination.

Any solid body waste should be carefully removed from the linen prior to laundering with gloves or tissues and placed in the toilet, the lid should then be closed (when applicable) and the toilet flushed.

After handling contaminated laundry hand wash your hands.

Remove masks only by the straps and place in a plastic bag at the bedside. Soiled tissues should also be disposed of in the same bag. These bags can then be disposed of with the other household waste.