

FIRE SERVICE RESPONSE TO

H1N1 (Swine Flu)



IN THE FIREHOUSE

GENERAL HOUSEKEEPING

- 1) WASH YOUR HANDS, OFTEN
 - a. Wash them for at least 20 seconds.
 - b. Use soap or antimicrobial hand gel.
- 2) Post hand sanitizer stations around the firehouse and encourage their use.
- 3) When you cough, cough into your elbow.
- 4) Maintain the cleanliness and properly sanitize the work area.

DURING RESPONSES

- 1) Wear your PPE. This should include, at a minimum:
 - a. A *FIT TESTED N95 respirator*
 - b. Eye/face protection
 - c. GlovesIt can also include a gown
- 2) Limit the number of personnel having direct patient contact
- 3) Provide surgical masks to patients who can tolerate them. For patients who cannot tolerate surgical masks provide them with oxygen via non re-breather mask
- 4) Optimize ventilation in the patient care area. DO NOT re-circulate air
- 5) Maintain the cleanliness of and properly sanitize the work area
- 6) Immediately after a response: WASH YOUR HANDS.
 - a. Wash them for at least 20 seconds.
 - b. Use soap or antimicrobial hand gel.

H1N1 FLU SYMPTOMS

Similar to the symptoms of seasonal flu and include:

- 1) fever,
- 2) cough,
- 3) sore throat,
- 4) runny or stuffy nose,
- 5) body aches,
- 6) headache,
- 7) chills
- 8) Fatigue.

Other possible symptoms include diarrhea and vomiting People at higher risk of serious complications from seasonal flu include people age 65 years and older, children younger than 5 years old, pregnant women, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), and people who are

immunosuppressed (e.g., taking immunosuppressive medications, infected with HIV).

AT HOME

- 1) WASH YOUR HANDS, OFTEN
 - c. Wash them for at least 20 seconds.
 - d. Use soap or antimicrobial hand gel.
- 2) Have hand sanitizers around the house and encourage their use.
- 3) Maintain the cleanliness and properly sanitize the house
- 4) **Stay home if you are sick.** If you had influenza like symptoms do not return to work until at least 24 hours after you are fever free **without the use of fever reducers (Aspirin, Tylenol, Motrin, etc.)**
- 5) Take time to get vaccinated. Get both the seasonal and H1N1 influenza vaccines when available.
- 6) Take care of your physical health (diet, rest)

RESOURCES

The following websites will provide you with updated information on H1N1 Influenza:

1. **Worker Safety and Health Guidance for H1N1 Flu**
<http://www.osha.gov/dsg/topics/pandemicflu/index.html>
2. **Health Information for H1N1 Flu**
<http://www.cdc.gov/h1n1flu/>
3. **NJ Department of Health and Senior Services Flu website**
<http://nj.gov/health/flu/index.shtml>
4. **One-stop access to U.S. Government H1N1, avian and pandemic flu information**
<http://www.flu.gov/>