

# Swine influenza A (H1N1)

## Advice for Health and Social Care Trust staff

### Your handy guide to Personal Protective Equipment (PPE)



#### Fluid repellent surgical mask, gloves and apron

Basic PPE for patient care/contact including close patient contact (< 1 metre).

Suspected or confirmed cases of swine flu as per guidelines.



#### Use of gown and/or visor (always with surgical mask and gloves)

Risk assess need for gown and/or visor:

- gown if extensive soiling of clothing or contact of skin with blood or other bodily fluids is anticipated;
- visor if risk of contamination of the eyes by splashes or droplets.

Gown, eg holding a crying baby. Visor, eg taking a throat swab.



#### FFP3 respirator mask, gown, gloves and visor

For aerosol generating procedures on suspected or confirmed swine flu cases.

Aerosol generating procedures may include chest physiotherapy, nebulisation, bronchoscopy, intubation and related procedures (eg manual ventilation, suctioning, cardio-pulmonary resuscitation) and surgical or post-mortem procedures in which high-speed devices are used.



#### Hood, gown and gloves

Staff who have failed fit-testing for FFP3 masks and who are involved in aerosol generating procedures on suspected or confirmed swine flu cases.

**General infection control practices and good respiratory hand hygiene are vital to the protection of patients and staff.**

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### If you develop symptoms of swine flu\*:

At work

Report symptoms to your line manager and go home

At home

Inform your line manager (by telephone) that you are unfit for work.

If you have underlying health conditions, are pregnant or are very unwell you should telephone your GP or out-of-hours service. Alert your GP that you are a health care worker.

If you are otherwise healthy you should be able to recover at home with the usual flu remedies. If your symptoms do not improve, telephone your GP or out-of-hours service. Alert your GP that you are a health care worker.

Finish any treatment and return to work as long as you are symptom-free, but no sooner than 5–7 days after your initial symptoms appeared and provided you have completed your course of antivirals, if prescribed.

### \*Symptoms of swine flu

Fever or history of fever equal to or greater than 38°C and two or more of the following:

- cough
- sore throat
- runny nose
- aches and pains
- headaches
- vomiting/diarrhoea