

# Pandemic Flu

**AMBER and RED PHASES** – Notice to be placed around the home and given to staff and relatives.

## Notice for staff/ relatives - Do you have Influenza ?

### Identification of Influenza Infection

Identification is very important as the treatments are dependent on the infection being identified early. The symptoms of an Influenza infection are as follows:

- High temperature which comes on quickly
  - Sweating and feeling feverish
  - Severe headache
  - Runny nose and sore throat
  - Aching muscles and joints
  - Chest pains
  - Lack of appetite
  - Lethargy

If you have more than one of the above symptoms then we request that you notify the management by phone and do not come into the home.

If any resident shows any of the above symptoms the following people should be notified-

- Nurse/ Manager on duty
  - The Group Manager (Next day, if during the night)

### What can you do?

Influenza is a viral infection and therefore antibiotics do not have any effect. The only drugs available will be the antivirals that the Government will make available through **The National Flu Line**.

Other than these drugs over the counter cough medicines and paracetamol will help to ease the symptoms.

We advise all of our staff who their “flu buddy” will be. This is a person who can acquire the antiviral medication for you from the pickup points that will be announced on local media.

### If you have symptoms

Obtain your antiviral medication as soon as possible.

Stay in bed.

Do not go out into public places for 1 week

Drink plenty of fluids  
Stay in touch