

Coordination group for preventive medicine of the **CNRS, Inserm and IRD** | 24/09/2009

Influenza A (H1N1) : how to proceed

Symptoms indicating presence of Influenza A (H1N1)

The symptoms are similar to those of seasonal flu:

- frequently sudden outbreak;
- fever above 38°C, stiffness, tiredness and coughing or respiratory problems.

Contagiousness begins 24 hours prior to the first symptoms and persists for 7 days.

If a case of flu syndrom has occurred on the workplace

Person showing flu symptoms

- Leave the workplace and get in touch with your general physician. While doing so, we strongly encourage that the person displaying symptoms as well as his/her close professional surroundings wear chiralurgical masks;
- Don't wander about in your service in order to avoid contact and virus transmission;
- Send your stoppage documents by mail to your staff department;
- Stay home during the time interval suggested by your general practitioner.

People in direct or close contact with a person showing symptoms

- Pregnant women, people suffering from chronic illnesses and those under immunosuppressing medication must contact their general physician.
- Healthy people do not need to see their doctor except if they begin to feel flu symptoms.

Signal all cases to the doctor of the preventive medicine service of your organisms (who is obliged to notify the concerned health authorities of cumulative cases).

If you feel flu symptoms at home

- Get in touch with your general physician;
- Don't go to your workplace;
- Inform your hierarchical superiors and the staff department and send the stoppage documents to your staff department.

Professional travel abroad

France recommends travellers visiting countries with confirmed virus transmission to be particularly careful.

The corresponding list can be consulted on the websites of InVS (see link below) and WHO**.

- Avoid all contact with ill people;
- In case of fever or flu symptoms: contact a local doctor;
- Get in touch with the local French Embassy or Consulate.

Returning from foreign travel

In the absence of flu symptoms, we do not recommend to stay away from the workplace.

Contact your general physician if fever or flu symptoms appear within 7 days after returning.

Seek information at the Ministry of Foreign and European Affairs:

- phone number for travellers:
(+33) (0)1 45 50 34 60
- Consult the respective country-specific dossiers at the website « Conseil aux voyageurs » :
www.diplomatie.gouv.fr/fr/conseils-aux-voyageurs_909/index.html

Monitoring of the evolution of the pandemic

Updates on the evolution of the pandemic can be found on the website of the Institut de veille sanitaire (InVS) : www.invs.sante.fr.

General recommandations

Viruses are mostly transferred *via* the air (coughing, sneezing) but also *via* hand-contact and contaminated objects.

- Cover your nose and mouth when you feel upcoming coughing or sneezing;
- Wipe your nose using disposable paper tissues which you discard into pedal bins containing plastic bags;
- Respect the basic rules of hygiene: frequently wash your hands with soap and/or hydroalcoholic solution, ventilate your living surroundings.

* FFP2-type masks, by contrast, are destined to personal of organized emergency shifts.

** Dossier on flu A on the WHO web site: <http://www.who.int/csr/disease/swineflu/fr/index.html>.