



UNITED SIKHS

Recognize the Human Race as One



COMMUNITY ADVISORY

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Swine H1N1 Flu

Don't Take it Lightly!!

But Don't Panic

What is Swine H1N1 Flu ?

- Swine flu is a respiratory disease which infects pigs.
- But Now it has infected humans and can spread **probably through coughing and sneezing.**

(Source: BBC)



Risk of a Pandemic flu

It is an evolving situation.

We are ONE level away from a Pandemic

- The current W.H.O. pandemic flu alert level is 5
- A pandemic flu is declared when W.H.O declares a Level 6 threat level
- Possibly 30-40% of the population may become ill in the next six months if this turns into a flu pandemic.

Source: World Health Organization (W.H.O) and New York City Department of Health and Mental Hygiene

Pandemic Flu Planning Checklist for Individuals & Families



Stop the spread of germs that make you and others sick!

Cover your Cough



Clean your Hands

after coughing or sneezing.



SWINE FLU INFORMATION

0800 1 513 513
www.nhs.uk
www.direct.gov.uk/swineflu

IMPORTANT INFORMATION ABOUT SWINE FLU

This leaflet contains important information to help you and your family – **KEEP IT SAFE**



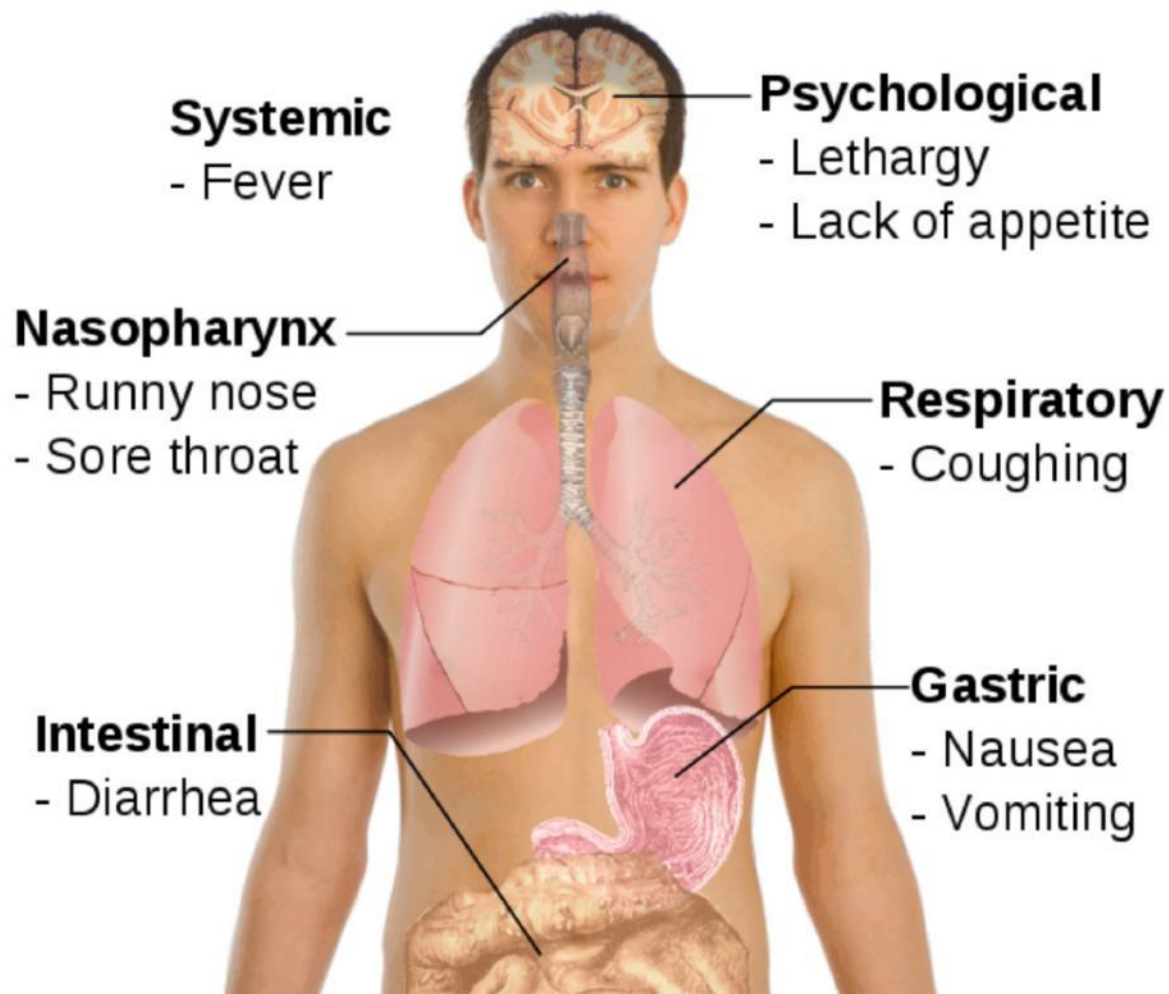
Agence de la santé
publique du Canada

Public Health
Agency of Canada

Swine H1N1 Flu

- What are the symptoms?
- How Does it Spread ?
- Where is it ?
- What precautions can we take?
- Treatment ?
- Action ?

Symptoms of **Swine flu**



How Does it Spread?

- Through the droplets from your nose and mouth when you cough or sneeze
- When you cough or sneeze without using a tissue
- When you don't wash your hands after a sneeze or cough

What precautions can we take?

AVOID IT, CATCH IT, BIN IT, KILL IT

- Social distancing - keep at least an arm's length distance from others, minimize gatherings and if you are unwell do not go to work or school until you are well.
- Respiratory etiquette - Cover your nose and mouth with a tissue when you cough or sneeze and dispose it promptly
- Hand hygiene – wash your hands with soap, especially after you cough or sneeze
- Good Ventilation - at home, work and other places
- Mobilise a family or community emergency plan to store extra medicines and foods and other essentials.

Source: W.H.O, National Health Service UK and New York City Department of Health and Mental Hygiene

Swine flu

Flu alert levels

Published: Friday, 1 May 2009

The World Health Organisation (WHO) has developed a warning system to alert the world about the seriousness of the threat from pandemic flu.

What are the WHO levels?

There are six levels.

Phase 1

In nature, flu viruses circulate continuously among animals. Even though such viruses might develop into pandemic viruses, no viruses circulating among animals have been reported to cause infections in humans.

Phase 2

An animal influenza virus circulating among domesticated or wild animals is known to have caused infection in humans, and is therefore considered a potential pandemic threat.

Phase 3

There are small clusters of virus in people, but it has not resulted in human-to-human transmission sufficient to sustain community-level outbreaks.

Phase 4

There are small clusters of people with the virus, but the spread is localised.

Phase 5

Large clusters are discovered but the spread is still localised.

Phase 6

The virus is continually spread amongst people globally, and WHO declares a pandemic.

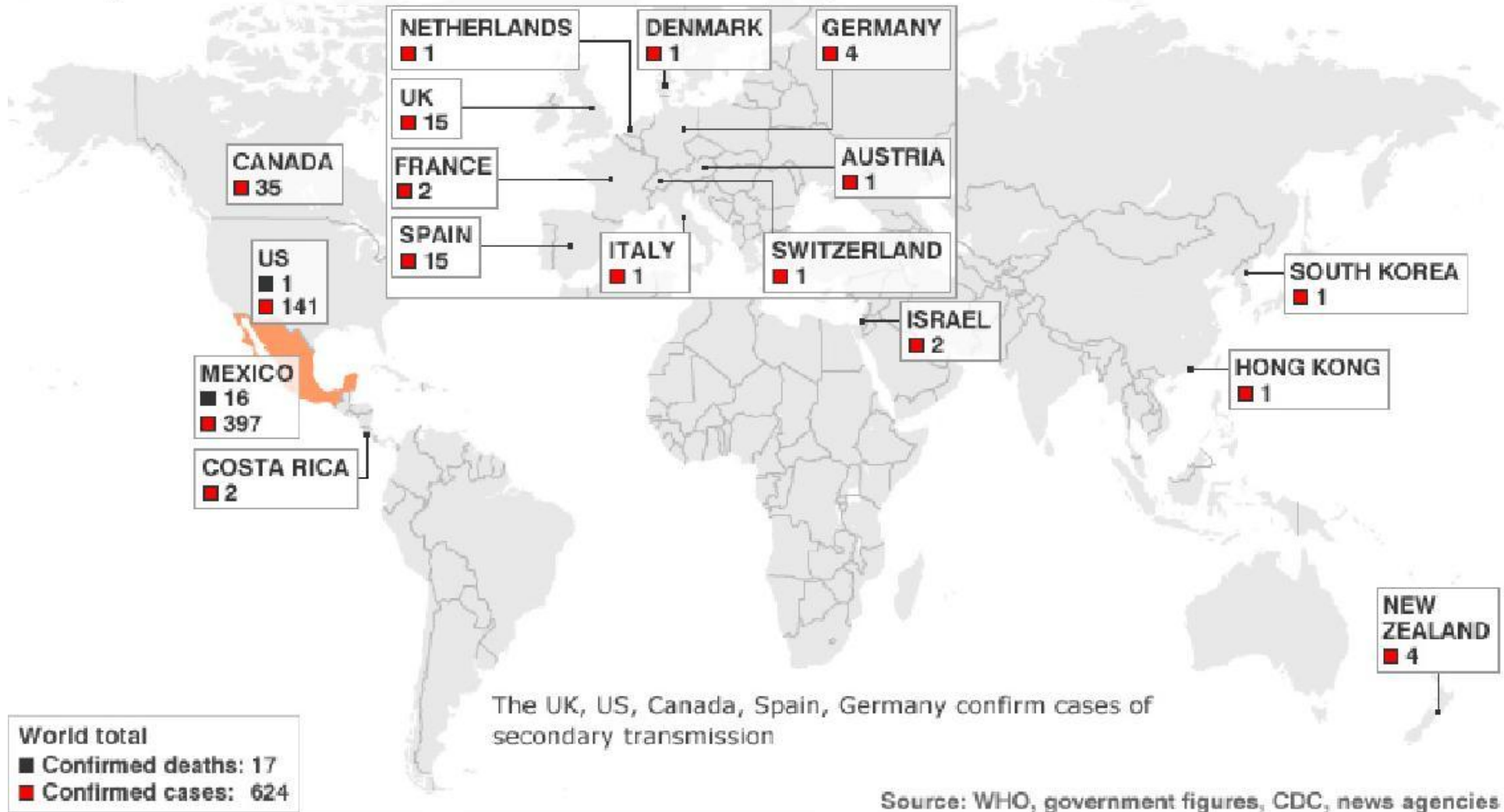
Localised cases confirmed

The UK is currently at WHO phase 5



Where is it?

02 May 1500 GMT: More cases confirmed around the world; pandemic alert remains at level five



<http://news.bbc.co.uk/1/hi/world/americas/8021547.stm>



Province	Confirmed cases of H1N1 Flu Virus (Human Swine Flu)
Alberta	8
British Columbia	15
Nova Scotia	14
New Brunswick	1
Quebec	1
Ontario	12
Total	51

Public Health Agency of Canada
http://www.phac-aspc.gc.ca/alert-alerte/swine_200904-eng.php



U.S. Human Cases of H1N1 Flu Infection (As of May 2, 2009, 11:00 AM ET)

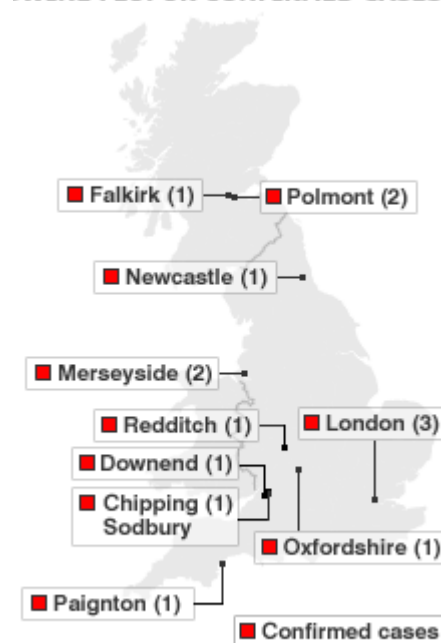
States	# of laboratory confirmed cases	Deaths
Arizona	4	
California	24	
Colorado	2	
Connecticut	1	
Delaware	4	
Florida	2	
Illinois	3	
Indiana	3	
Kansas	2	
Kentucky ^a	1	
Massachusetts	8	
Michigan	2	
Minnesota	1	
Missouri	1	
Nevada	1	
New Jersey	7	
New York	50	
Ohio	1	
South Carolina	13	
Texas	28	1
Virginia	2	
TOTAL (21)	160 cases	1 death

US Centers for Disease control and Prevention
 Disease <http://www.cdc.gov/h1n1flu/>

Mexico has reported 397 confirmed human cases of infection, including 101 suspected swine flu deaths: 2nd May 2009



SWINE FLU: UK CONFIRMED CASES



One UK case - a Mexican pilot - has now left the country

UK Government
http://www.direct.gov.uk/en/Swineflu/DG_177831

Treatment

Most countries have stock of antiviral drugs (including Tamiflu® and Relenza®) –UK has enough stock to treat more than 33 million people (half the UK population), and these stocks will be increased.

Antiviral drugs are not a cure, but they help you to recover if taken within 48 hours of symptoms developing, by:

Relieving some of the symptoms.

Reducing the length of time you are ill by around one day.

Reducing the potential for serious complications, such as pneumonia.

IS THERE A VACCINATION I CAN HAVE?

Not at this stage. None exists. It would take several months to produce one.

Source : Direct Gov & NHS

Preparation / Action

- Governments and Critical Organisations are preparing for a pandemic which could be imminent. Mexico is in a 5 day lockdown (shutdown).
- Soup kitchens need to be prepared
- Other Faith Organisations are preparing.
- Gurdwaras (Sikh Place of Worship) need to be prepared (action plan).
- All Communities need to be prepared as it will take many months for a vaccine to be ready.

During a pandemic, you may not be able to get to a store or stores may be out of supplies. Hence it would be important to have extra supplies stocked in advance. The unique Gurdwara Langar (community kitchen) may need to be stocked.

A few important Items that we should have are:

- Atta (flour), Daals (lentils), Rice, Cooking Oils, Sugar, Butter, Culinary Condiments, Canned Food, Milk Powder or substitutes, Cereals, Protein/fruit bars, Vitamins, etc.



USA - More Information...

Center for Disease Control and Prevention

- <http://www.cdc.gov/h1n1flu/>
- 800-CDC-INFO
(800-232-4636)
TTY: (888) 232-6348
24 Hours/Every Day
- cdcinfo@cdc.gov



Canada - More Information...



Public Health Agency of Canada

- www.publichealth.gc.ca
- 1-800-454-8302

UK - More Information...

The following information lines have been issued by the UK Government, who will also be posting leaflets to every home.

SWINE FLU INFORMATION

- **0800 1 513 513**
- www.nhs.uk
- www.direct.gov.uk/swineflu



More Information for Other Countries

Please contact UNITED SIKHS and we will assist you with sources of information for other countries:

Email: contact@unitedsikhs.org

Tel: +1-888-243-1690 or
+44(0) 870 1993328