



# H1N1 / Influenza virus (Swine Flu)



## Currently at WHO Pandemic Level 6 – for H1N1

A pandemic occurs when a new virus emerges or re-emerges which is:

- Markedly different from previous/currently circulating flu strains
- Easily passed between people
- Causes illness in high number of those infected (high clinical attack rate)
- Spreads widely because few people have immunity



## Seasonal 'flu vs Pandemic 'flu

### 'SEASONAL' FLU

- Occurs every year during the winter
- Affects up to 10% of the population
- The very young, the very old and people with certain chronic illness are most at risk
- Annual vaccination available
- Antiviral drugs available for those at risk
- Less severe

### PANDEMIC FLU

- Occurs about 3 times each century – at any time of the year
- May affect up to 35% of the population. Over 20% may seek medical care
- People of every age may be at risk
- No vaccine available initially
- Antiviral drugs may be in limited supply
- More severe



## Current H1N1 Clinical Picture

- Incubation period 1-4 days, max 7 days
- Infectious for 4-5 days
- Possible to show no symptoms but be infectious e.g. in children
- Sneezing or coughing droplets spread up to 1 metre
- Direct and indirect contact, virus can survive on hard surfaces up to 24 hours



## Who would be affected?

ALL the population is at risk - however the most severe is likely to be amongst:

- The elderly
- Fit young adults
- People with chronic diseases
- Long –stay residential care home residents



## Health Economy Pandemic Flu Plans

All plans based on National Framework (Dept of Health)

- Bucks PCT has led planning across health economy
- Worked with all partner agencies
- In annual assessment by Dept of Health the PCT achieved 93% compliance with framework – we are well prepared for current situation



## Coordination within Bucks during a pandemic

- Multi agency Bucks Health Emergency Planning Group – chaired by the PCT
- Buckinghamshire PCT responsible for coordinating planning of response for Buckinghamshire
- During Pandemic Flu Bucks PCT will lead the health response.
- Daily multi agency meetings
- Daily reporting to the Strategic Coordinating Group at Thames Valley
- Reporting goes eventually to the Cabinet Office

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## Current priorities

All organisations must review their current service Business Continuity Plans. Ensure they are ready for the “surge”

- Respond to and plan using any new Guidance
- Put in place additional training for key staff
- Review infection control arrangement to protect staff
- Ensure Communications Plans are robust, ready to inform clients/patients of any potential changes to services
- Prepare staff and client groups for a pandemic

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## Infection Control messages – to reduce spread

- Always cover your mouth and nose with a tissue when coughing and sneezing
- Disposing of dirty tissues away quickly and carefully
- Maintaining good basic hygiene, for example washing your hands often with soap and warm water to reduce the spread of the virus from your hands to face, or to other people
- Cleaning hard surfaces, such as door handles, often and thoroughly using a normal cleaning product.



## Make preparations now

We are asking the public to:

- Confirm a network of flu friends (friends and relatives) who would be able to collect antivirals and other medicines along with other supplies as necessary so that you would not have to leave home and possibly spread the virus
- Know your NHS Number and those of other family members. Keep them in a safe place. It is not essential to have your NHS Number in order to receive treatment, but it can help NHS staff to find your health records.
- Have a thermometer and enough cold and cough remedies at home, in case you or your family get swine flu.



## National message to reduce demands on the NHS - 1

Emphasis on self care

- **Do not go to the GP surgery or A&E**
- Contact the National Pandemic Flu Service which is a self-care service which will give people with pandemic swine flu symptoms fast access to antiviral medication.
- Have a **flu friend** to collect anti-viral medication from Collection Point
- **Stay at home** to avoid spreading the virus.

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## National message to reduce demands on the NHS - 2

Contact your doctor directly rather than using the National Pandemic Flu Service if:

- you have a serious existing illness,
- you are pregnant,
- you have a sick child under one year of age,
- your condition suddenly gets much worse, or
- your condition is still getting worse after seven days (five for a child).

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## Current situation

- The number of cases in England continues to decrease
- The majority of cases continue to be mild. There is no sign that the virus is changing. It is not becoming more severe or developing resistance to anti-virals
- The NHS continues to focus on preparing for a potential second wave.
- The Antiviral Collection Points in Buckinghamshire are continuing to operate from the two designated community pharmacies. With plans for further pharmacies to open as necessary, that will cover the whole of Buckinghamshire.



## Antiviral Collection Points

**The ACPs are not treatment or assessment centres.**

**Members of the public who have not gone through the National Pandemic Flu service, and therefore do not have a unique reference number, should not visit an ACP.**



## Antiviral Collection Points

### Salisbury ACP:

Morrisons Pharmacy  
Station Way  
Aylesbury  
HP20 2HX  
Mon – Wed, 12pm – 7.30pm  
Thurs – Fri, 12pm – 8.30pm  
Sat, 10am -5.30pm  
Sun, 11am – 2.30pm

### Wycombe ACP:

Lansdale Pharmacy  
208 Desborough Road  
High Wycombe  
HP11 2TE  
Mon - Sat, 8.30am – 8pm  
Sun, 10am – 4pm

**There are at present plans for further  
Pharmacies to open as necessary  
throughout the whole of Buckinghamshire**



## Vaccination

- Licences for vaccines expected early Oct
- Earliest start for vaccination programme: Mid-October
- Priorities to receive vaccine:
  - Those age 6 mths to 65 yrs in current seasonal flu at-risk groups
  - All pregnant women (subject to licencing conditions on trimesters)
  - Household contacts of immuno-compromised individuals
  - Those age 65+ in current seasonal flu clinical at-risk groups plus

(the above will be called up through their GP)

– Frontline health and social care workers – (these will be called up via Bucks PCT and BCC)





## Further Information & Advice

- H1N1/Swine Flu [www.direct.gov.uk/pandemicflu](http://www.direct.gov.uk/pandemicflu)  
• Information **0800 1513 513**  
• Treatment **0800 1513 100**
- NHS Direct [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk) **0845 46 47**
- Bucks PCT [www.buckspct.nhs.uk](http://www.buckspct.nhs.uk)