



H1N1 Flu Virus Update – October 8 (Human Swine Flu)

The World Health Organization has declared the H1N1 flu outbreak to have reached a Level 6 severity. The decision is based on the spread of the virus and not the severity of illness it causes. The H1N1 flu virus continues to cause moderate illness globally with most people affected recovering at home without medical treatment. A vaccine for the H1N1 virus will be available in November through the public health offices and agencies on a priority bases for those who are under 65 with chronic medical conditions.

We are closely monitoring the directives from the various Canadian health agencies to ensure we are following the appropriate actions. The BCMEA will continue to work with our employers and union locals to ensure all parties are up to date on current information and have appropriate plans in place to address employee and customer concerns.

Please continue to use the antibacterial gel in the dispatch halls and wash your hands often as it is the most efficient way to reduce the spread of any virus. Other suggested methods to reduce the spread of the virus are:

- ✓ Keep common surfaces disinfected
- ✓ Cough and sneeze into your arm, instead of your hand
- ✓ If you are sick, stay home until your symptoms are gone and you feel well enough to participate in all activities
- ✓ If you get flu-like symptoms and are pregnant, have underlying health problems or if your symptoms get worse, contact your health care provider immediately

All employees that exhibit cough and fever flu like symptoms should ensure they identify themselves to their employer and take the necessary precautions to limit potential infection of others.

We will continue to closely monitor information provided by the Public Health Agency of Canada and will update this website as further information becomes available.

For further information, please go to the following websites:

www.fightflu.ca

www.gov.bc.ca/h1n1/