

# NABA

## PREVENTION PROGRAM

### *H1N1 FLU – GUIDELINES*

---

#### **What is H1N1?**

Novel influenza A (H1N1) is a new flu virus of swine origin that first caused illness in Mexico and the United States in March and April, 2009. It's thought that novel influenza A (H1N1) flu spreads in the same way that regular seasonal influenza viruses spread, mainly through the coughs and sneezes of people who are sick with the virus, but it may also be spread by touching infected objects and then touching your nose or mouth. Novel H1N1 infection has been reported to cause a wide range of flu-like symptoms, including fever, cough, sore throat, body aches, headache, chills and fatigue. In addition, many people also have reported nausea, vomiting and/or diarrhea.

#### **How long can an infected person spread this virus to others?**

People infected with seasonal and 2009 H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus.

#### **In adults, emergency warning signs that need urgent medical attention include:**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

#### **Personal Protective Equipment (PPE):**

- N95 mask
- Exam quality vinyl gloves
- 1 – 1 oz. hand sanitizer
- Tyvek suit with boots and head cover
- 1 – tissue pack
- Alcohol cleansing wipe pack

Listen/follow instructions given by health authorities.

**It is imperative that you follow instructions by local, state, and federal authorities.**

# NABA

## PREVENTION PROGRAM

### *H1N1 – GUIDELINES*

---

The wearing of personal protective equipment should not be considered as foolproof protection and does not provide invincibility to the protected person. Nevertheless, the following precautions must be taken in all instances, if covering a story where contact with the virus may be an issue:

1.	Avoid close contact with any person potentially affected by the H1N1 virus.
2.	If planning to interview a patient or an individual covered by quarantine or an isolation directive, or even someone who has been in contact with a person in isolation, do <b>NOT</b> enter their home or affected area.
3.	Do the interview by phone or arrange for the guest to appear at their door. Those in isolation are required to wear a mask.
4.	All members of the broadcasting team are <b>REQUIRED</b> to wear personal protective equipment (listed on front page). After use, dispose of these items in a garbage bag, tie up and place within a regular disposal unit.
5.	Shoot the interview from the exterior/sidewalk. Use a boom microphone if possible.
6.	Refrain from giving interview subjects microphones or having them touch production equipment. If it is necessary to do so, the microphone must be bagged and disinfected afterwards.
7.	Avoid touching your face and mucous membranes, including your eyes, with your hands whether you are wearing gloves or not.
8.	If you have visited a place where the presence of persons infected with the H1N1 virus is suspected, even if it is in a hospital; wash your hands frequently using soap and hot water for at least 15 seconds.
9.	Hand hygiene must be performed before putting on and after removal of personal protective equipment. Hand hygiene can be done by washing with soap and hot water, or using alcohol-based hand sanitizer if hands are not visibly soiled.
10.	Avoid sharing microphones, desk phones, and cell phones with others.
11.	If microphones or phones have been shared, replace the wind cover and disinfect the equipment with a chlorine solution (10% bleach to water solution).
12.	Replace all personal protective equipment after use, and have all items ready for next trip.