

# CTC Policy on Pandemic Diseases

## Additional Special Guidance in Response to the Swine Flu - H1N1

The World Health Organisation (WHO) has raised its pandemic alert to the level of phase 6 as a result of the international spread of the swine flu virus. At the time of going to print with this information sheet – 23 August 2009 - the current advice from the UK government is as follows:

*"Now that the virus is established in the community, expert advice is that there is no longer a strong case for closing schools to contain the spread of infection. Current HPA advice is that schools with confirmed cases of swine flu should stay open unless specifically advised otherwise."*

CTC will be continuing to follow advice issued by the Government via the DCSF from [www.teachernet.gov.uk/humanflupandemic](http://www.teachernet.gov.uk/humanflupandemic) and in the event that emergency plans for schools are issued, these plans will be followed accordingly. The local Health Protection Agency (HPA) [www.hpa.org.uk/](http://www.hpa.org.uk/) may also issue local specific guidance which will be adhered to as necessary.

As the situation may change at short notice, any emergency measures will be posted on the CTC website at [www.ctc.ac.uk](http://www.ctc.ac.uk) as well as messages sent via text to students and a recorded message on the main College telephone number of 020 8688 5284/ 7363. Staff will also be informed via the same mechanism for alerting colleagues of emergency College closure via the telephone message system already in place.

There is good evidence that in the majority of swine flu patients, the disease is generally mild, however, it can be severe in a number of cases particularly for those who have underlying illness or have low immune systems. The following guidance is for staff and students of CTC but we also request that any visitors to CTC who may be suffering from flu like symptoms defer their visit until a later date.

### How do I know if I have swine flu?

If you have flu like symptoms - for example a history of fever or temperature of 38° C or more, plus two of the following symptoms :

Cough runny nose, sore throat, sneezing, headache, limb or joint pain

**THEN YOU SHOULD NOT COME INTO COLLEGE.**

### What action should I take?

If you have access to the internet visit:

[www.pandemicflu.direct.gov.uk](http://www.pandemicflu.direct.gov.uk) - The National Pandemic Flu Service

Follow the prompts under: ***Click here for your symptoms to be assessed***

This service will assess your symptoms and if necessary provide an authorisation number which can be used in England to collect antiviral medicine from a local antiviral collection point. You can nominate somebody to collect your medication on your behalf. You will need to have the following information available:

Your date of birth

Current symptoms

History of any serious medical conditions

UK address including the postcode

A pen and paper to write down the instructions given

This service is only for people with a high temperature and other symptoms which are likely to be caused by swine flu. You can get more information about flu symptoms from [www.nhs.uk](http://www.nhs.uk) or from the swine flu information line on 0800 1 513 513

#### **I do not have access to the internet what should I do?**

You should telephone 0800 1 513 100 and follow the instructions provided on the telephone. You will need the same information about yourself or the patient as above.

#### **What should I do if my symptoms are severe?**

If you have severe symptoms which are not flu like, you should contact your doctor or call NHS direct on 0845 4647

#### **Who should I tell that I am unwell with swine flu?**

If you live with your parent(s) or guardian ask them to telephone the College as a matter of urgency, certainly before the next academic day. There is a 24 hour answer phone available if they are calling outside college hours.

The college telephone number is                   020 8688 5284/7363

Or e-mail   admin@ctc.ac.uk

If you live in host family, inform your hostess immediately and ask her to call the College as outlined above.

If you live alone, please telephone the college yourself following the above instructions.

If your parents are overseas you may also wish to inform them accordingly.

#### **What should I do if I feel unwell during college?**

If you feel unwell when you are at college you should report to sick bay – room A401, and speak with Mrs Brown, Mrs. Chivers or any of the other qualified first aiders, i.e. Mrs Carroll, Mrs Botha, Mr. Nicklin or Mr. Merone. If we think that you may have swine flu you will most likely be sent home so that you can follow the instructions above and also to prevent others from possibly becoming unwell.

The College also reserves the right to send home any student who we think may be suffering from swine flu.

#### **When can I return to college?**

In order to prevent further spread of the disease it is important that you remain at home until your symptoms have gone and you have completed any course of medication that you have been taking.

#### **How do I protect myself and others?**

With swine flu being widespread in the community we must all take precautions to limit its spread as far as possible and we should all remember to follow basic hygiene procedures i.e. regular hand-washing, the use of antibacterial gels which are located in all classrooms, library and cyber cafe, coughing or sneezing into disposable tissues which are thrown away immediately after use, following guidance on posters i.e. the national campaign of “catch it, bin it, kill it” or any instructions which are issued.

#### **Can I be vaccinated?**

It is possible that in autumn 2009 the Government may roll out a vaccination programme. It is therefore extremely important that you are registered with a UK, NHS doctor to ensure your name is included in any such programme.