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OPA NOTICE

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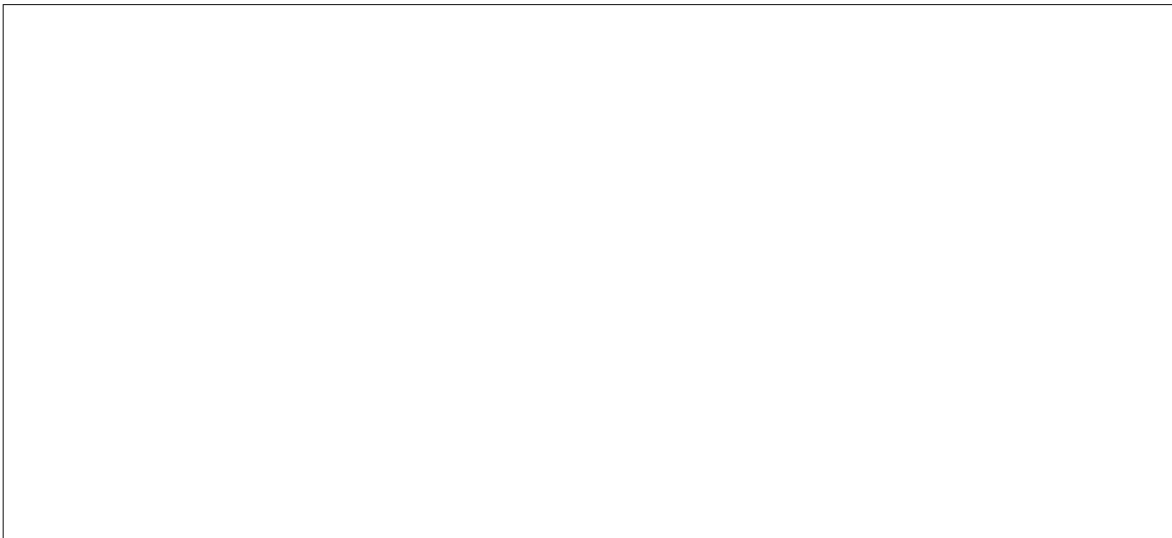
OMS Recommendations Regarding Swine Flu

A Message from DS/Office of Medical Services:

Mexican, U.S., and other health officials have identified a novel Influenza A virus, which may have caused over 1600 human cases in Mexico, primarily in the Mexico City area. Cases have been identified in the U.S., Canada, and other countries, which to date are linked to the primary outbreak in Mexico. While there have been at least 23 deaths attributed to this virus in Mexico, none have been reported to date in other locations, including the U.S. Cases in the U.S. have been sporadic and mild. Reports from our Embassy community indicate no involvement of the U.S. population in Mexico to date.

This outbreak, and recommendations from authoritative bodies such as the Centers for Disease Control and Prevention and the World Health Organization, are evolving rapidly as the scale of human infections, the transmissibility of the virus, and its severity are better defined. The most current recommendations can be seen at [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu). The CDC Information Hotline is 1-800-232-4636.

**OMS offers the following advice to our population:**



Employees who develop a flu-like illness should not come into the workplace and should stay at home.

Persons who exhibit symptoms in the workplace should either contact the OMS clinic in their building and/or consult their personal health care provider. When reporting to a medical facility, the individual should advise the health provider of their symptoms

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immediately, so that they can be evaluated in a separate treatment area.

Symptoms

Symptoms of swine flu are the same as that of seasonal influenza, and include:

- Fever greater than 100.5 F (38C)
- Cough
- Sore throat
- Stuffy nose
- Chills
- Muscle aches
- Headache
- Fatigue

Some people have reported diarrhea and vomiting with swine flu. The time between exposure and symptoms (incubation period) appears to be 1-6 days.

Control of influenza:

At this time, the evidence suggests that the swine flu strain reported in Mexico is similar to other human influenza viruses, and thus far appears sensitive to antiviral medications such as oseltamivir (Tamiflu).

It is not known whether immunization with the seasonal influenza vaccine provides any protection against swine flu.

Control of this illness to minimize spread:

1. Keep ill persons out of common areas. CDC recommends affected individuals remain at home for 7 days, or until 24 hours after symptoms resolve, whichever is longer.
2. Persons who are ill and must go in common areas should wear a surgical mask.
3. Persons caring for ill individuals should wash their hands frequently and should wear a mask when within 6 feet of the ill individual. Within a household, one individual should be designated as caregiver, to minimize spread to other household members.

General measures that all employees should follow include:

1. Cover your mouth when you cough and wash your hands frequently. It is better to cough into your sleeve or handkerchief than into your hand.
2. Remain out of the workplace when you have a respiratory illness with fever.

