



UNITED  
SIKHS

*Recognize the Human Race as One*



# COMMUNITY ADVISORY

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# **Swine H1N1 Flu**

**Don't Take it Lightly!!**

**But Don't Panic**

# What is Swine H1N1 Flu ?

- Swine flu is a respiratory disease which infects pigs.
- But Now it has infected humans and can spread **probably through coughing and sneezing.**

(Source: BBC)



# Risk of a Pandemic flu

It is an evolving situation.

We are ONE level away from a Pandemic

- The current W.H.O. pandemic flu alert level is 5
- A pandemic flu is declared when W.H.O declares a Level 6 threat level
- Possibly 30-40% of the population may become ill in the next six months if this turns into a flu pandemic.

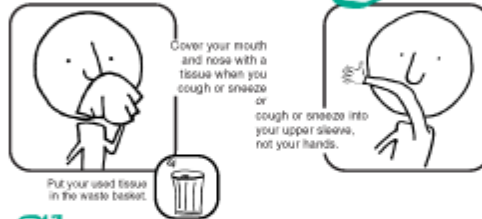
Source: World Health Organization (W.H.O) and New York City Department of Health and Mental Hygiene

# Pandemic Flu Planning Checklist for Individuals & Families



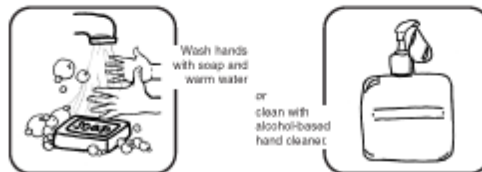
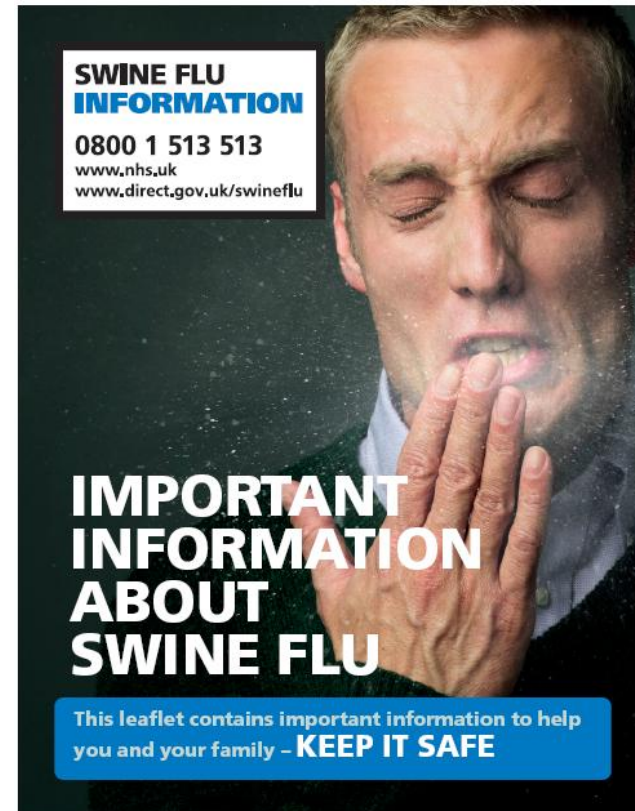
Stop the spread of germs that make you and others sick!

## Cover your Cough



## Clean your Hands

after coughing or sneezing.

**SWINE FLU  
INFORMATION**

0800 1 513 513  
www.nhs.uk  
www.direct.gov.uk/swineflu

**IMPORTANT  
INFORMATION  
ABOUT  
SWINE FLU**

This leaflet contains important information to help you and your family - **KEEP IT SAFE**



Agence de la santé  
publique du Canada

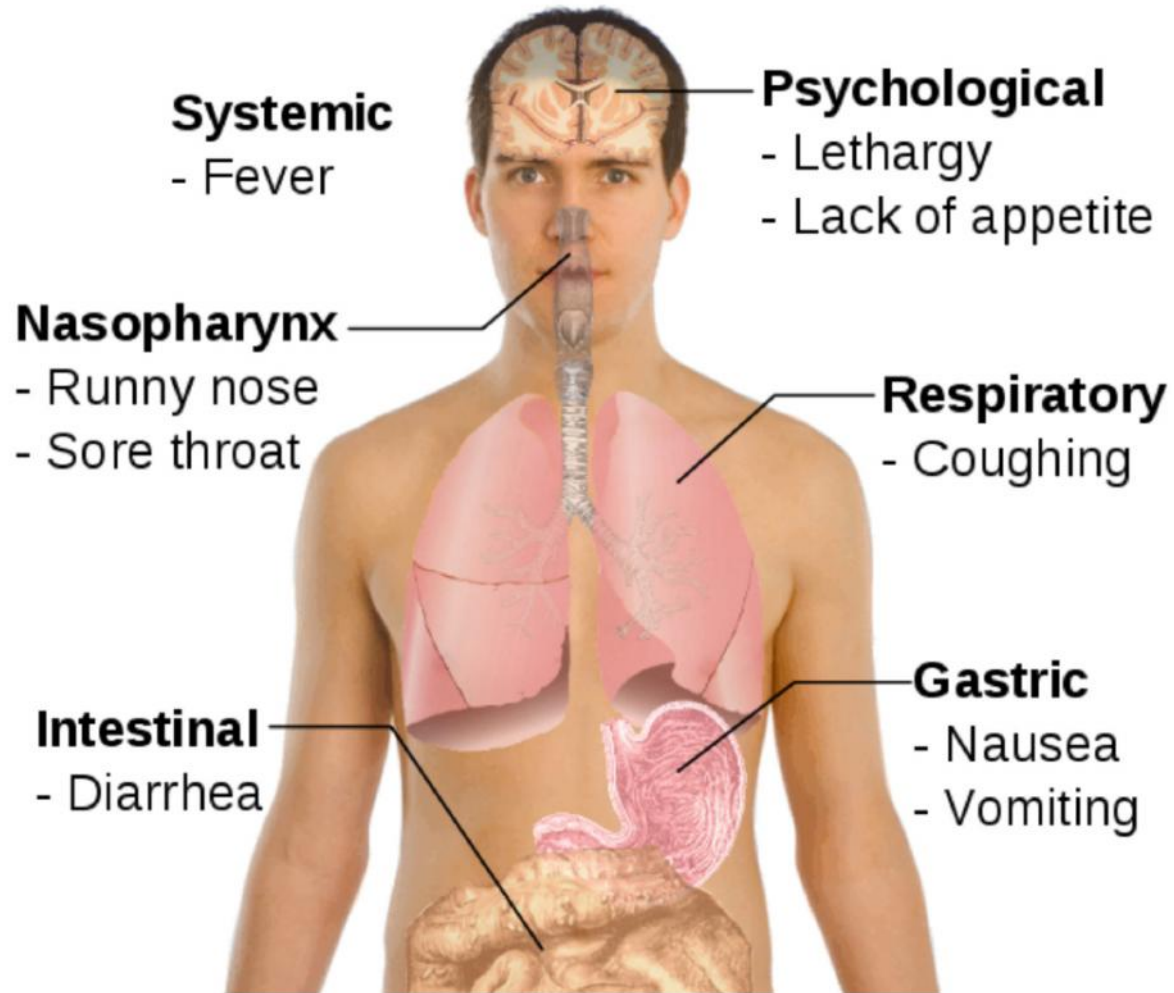
Public Health  
Agency of Canada



# Swine H1N1 Flu

- What are the symptoms?
- How Does it Spread ?
- Where is it ?
- What precautions can we take?
- Treatment ?
- Action ?

## Symptoms of **Swine flu**







# How Does it Spread?

- Through the droplets from your nose and mouth when you cough or sneeze
- When you cough or sneeze without using a tissue
- When you don't wash your hands after a sneeze or cough

# What precautions can we take?

## **AVOID IT, CATCH IT, BIN IT, KILL IT**

- Social distancing - keep at least an arm's length distance from others, minimize gatherings and if you are unwell do not go to work or school until you are well.
- Respiratory etiquette - Cover your nose and mouth with a tissue when you cough or sneeze and dispose it promptly
- Hand hygiene – wash your hands with soap, especially after you cough or sneeze
- Good Ventilation - at home, work and other places
- Mobilise a family or community emergency plan to store extra medicines and foods and other essentials.

Source: W.H.O, National Health Service UK and New York City Department of Health and Mental Hygiene

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**Swine flu**

**Flu alert levels**

**Published:** Friday, 1 May 2009

The World Health Organisation (WHO) has developed a warning system to alert the world about the seriousness of the threat from pandemic flu.

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**What are the WHO levels?**

There are six levels.

**Phase 1**

In nature, flu viruses circulate continuously among animals. Even though such viruses might develop into pandemic viruses, no viruses circulating among animals have been reported to cause infections in humans.

**Phase 2**

An animal influenza virus circulating among domesticated or wild animals is known to have caused infection in humans, and is therefore considered a potential pandemic threat.

**Phase 3**

There are small clusters of virus in people, but it has not resulted in human-to-human transmission sufficient to sustain community-level outbreaks.

**Phase 4**

There are small clusters of people with the virus, but the spread is localised.

**Phase 5**

Large clusters are discovered but the spread is still localised.

**Phase 6**

The virus is continually spread amongst people globally, and WHO declares a pandemic.

**Localised cases confirmed**

The UK is currently at WHO phase 5



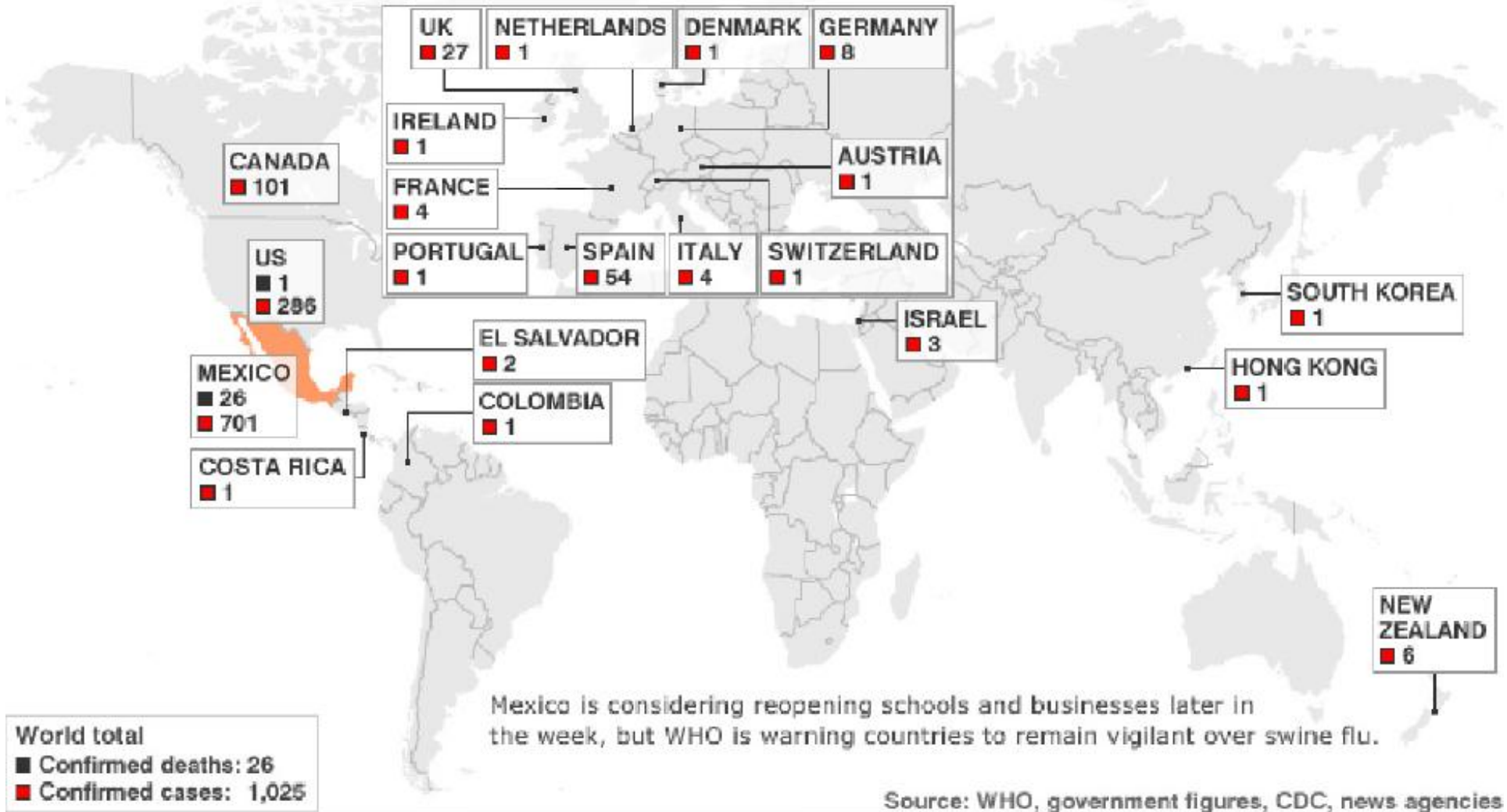
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# Where is it?

04 May 1630 GMT: WHO warns countries to remain vigilant over swine flu





Province / Territory	New Cases	Total Cases
<b>British Columbia</b>	<b>7</b>	<b>29</b>
<b>Alberta</b>	<b>3</b>	<b>18</b>
<b>Saskatchewan</b>	<b>0</b>	<b>0</b>
<b>Manitoba</b>	<b>1</b>	<b>1</b>
<b>Ontario</b>	<b>2</b>	<b>16</b>
<b>Quebec</b>	<b>1</b>	<b>3</b>
<b>New Brunswick</b>	<b>0</b>	<b>1</b>
<b>Nova Scotia</b>	<b>2</b>	<b>33</b>
<b>Prince Edward Island</b>	<b>0</b>	<b>0</b>
<b>Newfoundland</b>	<b>0</b>	<b>0</b>
<b>Yukon</b>	<b>0</b>	<b>0</b>
<b>Northwest Territories</b>	<b>0</b>	<b>0</b>
<b>Nunavut</b>	<b>0</b>	<b>0</b>
<b>Total</b>	<b>16</b>	<b>101</b>

Public Health Agency of Canada  
[http://www.phac-aspc.gc.ca/alerte-alerte/swine\\_200904-eng.php](http://www.phac-aspc.gc.ca/alerte-alerte/swine_200904-eng.php)

US Centers for Disease control and Prevention  
 Disease <http://www.cdc.gov/h1n1flu/>

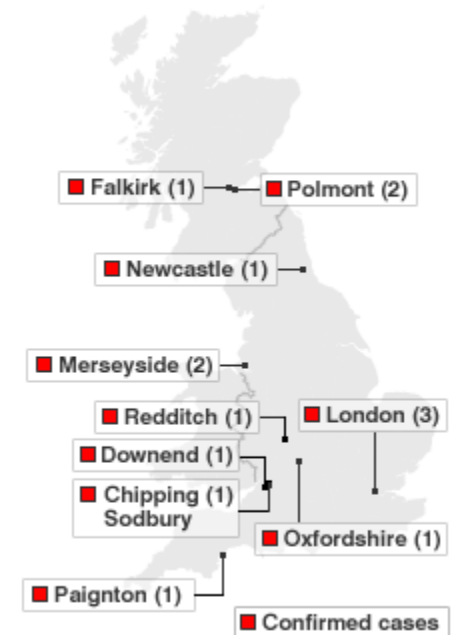


**U.S. Human Cases of H1N1 Flu Infection**  
 (As of May 4, 2009, 11:00 AM ET)

States	# of laboratory confirmed cases	Deaths
Alabama	4	
Arizona	17	
California	30	
Colorado	7	
Connecticut	2	
Delaware	20	
Florida	5	
Idaho	1	
Illinois	8	
Indiana	3	
Iowa	1	
Kansas	2	
Kentucky*	1	
Louisiana	14	
Maryland	4	
Massachusetts	6	
Michigan	2	
Minnesota	1	
Missouri	1	
Nebraska	1	
Nevada	1	
New Hampshire	1	
New Jersey	7	
New Mexico	1	
New York	73	
North Carolina	1	
Ohio	3	
Oregon	3	
Pennsylvania	1	
Rhode Island	1	
South Carolina	15	
Tennessee	1	
Texas	41	1
Utah	1	
Virgin	3	
Wisconsin	3	
<b>TOTAL (36)</b>	<b>286 cases</b>	<b>1 death</b>



**SWINE FLU: UK CONFIRMED CASES**



One UK case - a Mexican pilot - has now left the country

UK Government  
[http://www.direct.gov.uk/en/Swineflu/DG\\_177831](http://www.direct.gov.uk/en/Swineflu/DG_177831)

Mexico has reported 701 confirmed human cases of infection, including 101 suspected swine flu deaths: 4<sup>th</sup> May 2009

# Treatment

Most countries have stock of antiviral drugs (including Tamiflu® and Relenza®) –UK has enough stock to treat more than 33 million people (half the UK population), and these stocks will be increased.

Antiviral drugs are not a cure, but they help you to recover if taken within 48 hours of symptoms developing, by:

**Relieving some of the symptoms.**

**Reducing the length of time you are ill by around one day.**

**Reducing the potential for serious complications, such as pneumonia.**

## **IS THERE A VACCINATION I CAN HAVE?**

Not at this stage. None exists. It would take several months to produce one.

Source : Direct Gov & NHS

# Preparation / Action

- Governments and Critical Organisations are preparing for a pandemic which could be imminent. Mexico is in a 5 day lockdown (shutdown).
- Soup kitchens need to be prepared
- Other Faith Organisations are preparing.
- Gurdwaras (Sikh Place of Worship) need to be prepared (action plan).
- All Communities need to be prepared as it will take many months for a vaccine to be ready.

During a pandemic, you may not be able to get to a store or stores may be out of supplies. Hence it would be important to have extra supplies stocked in advance. The unique Gurdwara Langar (community kitchen) may need to be stocked.

A few important Items that we should have are:

- Atta (flour), Daals (lentils), Rice, Cooking Oils, Sugar, Butter, Culinary Condiments, Canned Food, Milk Powder or substitutes, Cereals, Protein/fruit bars, Vitamins, etc.



# USA - More Information...

## Center for Disease Control and Prevention

- <http://www.cdc.gov/h1n1flu/>
- 800-CDC-INFO  
(800-232-4636)  
TTY: (888) 232-6348  
24 Hours/Every Day
- [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)





# Canada - More Information...



Public Health Agency of Canada

- [www.publichealth.gc.ca](http://www.publichealth.gc.ca)
- 1-800-454-8302



# UK - More Information...

The following information lines have been issued by the UK Government, who will also be posting leaflets to every home.

## SWINE FLU INFORMATION

- **0800 1 513 513**
- [www.nhs.uk](http://www.nhs.uk)
- [www.direct.gov.uk/swineflu](http://www.direct.gov.uk/swineflu)



# More Information for Other Countries

Please contact UNITED SIKHS and we will assist you with sources of information for other countries:

Email: [contact@unitedsikhs.org](mailto:contact@unitedsikhs.org)

Tel: +1-888-243-1690 or  
+44(0) 870 1993328