



Neath Port Talbot Council for Voluntary Service

Supporting, promoting and developing the local voluntary sector

Cyngor Gwasanaeth Gwirfoddol Castell-nedd Port Talbot

Cefnogi, hyrwyddo a datblygu y sector wirfoddol leol

ARE YOU ABLE TO HELP IN THE EVENT OF A PANDEMIC FLU OUTBREAK?

You could for example:

- a) Be part of a skills register i.e. retired nurses, doctors, vets, counsellors, pharmacists, dentists etc.,
- b) Be a volunteer driver
- c) Provide information and administration support at anti-viral distribution centres
- d) Be an 'active' citizen i.e. neighbourhood watch, street captain etc
- e) Other

For further information please contact: **Tracey Roberts-Jones** at NPT CVS on 01639 631387 or via email at TracyR@nptcvs.org.uk

Neath Port Talbot 'Pandemic Influenza' volunteer register.

Name	
Organisation (if applicable)	
Address	
Post Code	
Telephone No's (State times available i.e. am or pm)	Home: Mobile: Work:
Email	
I or my organisation can volunteer for the following a, b, c, d or e (can be more than one).	
I do/don't give consent for my contact details to be forwarded to the appropriate lead agency	I do/do not (Please delete as appropriate) (Lead coordinating agency will be the Local Health Board or Local Authority)

To register for any of the above please return the completed form to **Tracey Roberts-Jones** at Neath Port Talbot CVS, Ty Margaret Thorne, 17-19 Alfred Street, Neath, SA11 1EF.

What to do if you do catch flu:

1. Stay at home and rest
2. Take medicines such as aspirin, ibuprofen or paracetamol to relieve the symptoms (following the instructions with the medicines). **Children under 16 must not be given aspirin/or ready-made flu remedies containing aspirin.**
3. Drink plenty of fluids

You can reduce, but not eliminate the risk of catching or spreading influenza during a pandemic by:

1. Covering your nose and mouth when coughing or sneezing, using a tissue when possible
2. Disposing of dirty tissues promptly and carefully – bag and bin them
3. Avoiding non-essential travel and large crowds wherever possible
4. Maintaining good basic hygiene, for example washing your hands frequently with soap and water to reduce the spread of the virus from your hands to your face, or to other people.
5. Cleaning hard surfaces (eg, kitchen worktops, door handles) frequently, using a normal cleaning product
6. Making sure your children follow this advice.

**These measures are for your own health and to avoid spreading the illness to others.

General Information

Pandemic flu is a type of influenza that spreads rapidly to affect most countries and regions around the world. Unlike the 'ordinary' flu that occurs every winter in the UK, pandemic flu can occur at any time of year. Pandemics of influenza have occurred sporadically throughout history – three times in the last hundred years – resulting in many deaths.

Experts **predict** another pandemic will occur **but cannot say exactly when it will happen**. When it does, it may come in two or more waves several months apart. Each wave may last two to three months. Pandemic flu is more serious than 'ordinary' flu and as a result as much as a quarter of the population may be affected – maybe more.

Pandemic flu is likely to cause the same symptoms as 'ordinary' flu. The symptoms may be more severe because nobody will have any immunity or protection against that particular virus.

A serious pandemic is likely to cause many deaths, disrupt the daily life of many people and cause intense pressure on health and other services. Each pandemic is different, and until the virus starts circulating, it is impossible to predict its full effects.

Q: What is it caused by?

Pandemics of flu are due to the emergence of a new flu virus, which is markedly different from recently circulating strains. Few – if any – people will have any immunity to this new virus. This allows it to spread widely, easily and to cause more serious illness.

Q: Who is at risk?

Once a pandemic of influenza starts, everybody will be at risk of catching it. Certain groups may be at greater risk than others: until the virus starts circulating we will not know for sure who the risk groups will be.

Q: Is there a vaccine to protect against pandemic flu?

Antivirals do not stop the flu from developing but they can subdue the symptoms and reduce the time people are sick if taken early enough (within 48 hours of onset of symptoms).

Medicines called antivirals can be used to treat influenza. They have been shown to be very helpful in the treatment of 'ordinary' flu, and it is likely that they will also be effective in the treatment of pandemic flu, but their effectiveness won't be known until the pandemic virus is circulating.

There is no vaccine ready to protect against pandemic flu. A vaccine to protect against pandemic flu cannot be made until the new virus has been identified. Before a pandemic starts it is difficult to predict what strain will cause it and

even then, predictions may prove wrong. Also, the new virus may have changed enough for a pre-prepared vaccine to be ineffective.

'Ordinary' flu vaccines will not protect against pandemic flu. But 'ordinary' flu can be serious so it is very important that everyone who is due an 'ordinary' flu jab has one.

What is the government doing to prepare for a flu pandemic?

The government has prepared a UK wide Influenza Pandemic Contingency Plan which will be put into action in the event of a pandemic. The Plan includes initiatives to improve our preparedness now, before another pandemic occurs.

NHS staff will be trained in how to manage services during a pandemic and cope with the demands that are likely to be placed on them.

The government is building up its stocks of antiviral drugs. They will be used in the most effective way to treat those most at risk of serious illness based on how the disease develops.

For further information: visit www.dh.gov.uk) for a guide from the Chief Medical Officer or contact: NHS Direct on 0845 4647 (calls charged at local rates) or visit:

www.nhsdirect.nhs.uk

www.dh.gov.uk/pandemicflu

www.immunisation.nhs.uk

www.HPA.gov.uk

Pick up the leaflet *Pandemic flu from your doctors surgery or clinic*