

Prevention of Influenza A H1N1 at Work

Influenza A H1N1 (previously known as “Swine Influenza”) is a respiratory disease of pigs caused by type A influenza. Most commonly, human cases of Influenza A H1N1 happen in people with direct exposure to pigs (e.g. workers in the swine industry), but human-to-human transmission of swine flu can also occur.

Symptoms

Similar to those of human seasonal influenza, i.e. fever, lethargy, loss of appetite and coughing. Some people infected with swine flu may also have a runny nose, sore throat, nausea, vomiting and diarrhoea.

Mode of Transmission

Can be transmitted from pig to human, or from human to human. Mode of transmission is thought to occur in the same way as seasonal flu is spread among people, mainly through coughing or sneezing. People may also become infected by touching objects soiled with flu viruses and then touching their nose or mouth. Swine flu has not been shown to be transmissible to people through eating properly handled and cooked pork or pork products. Cooking pork to an internal temperature of 70°C (160°F) kills the swine flu virus.

Influenza A H1N1 was included as one of the statutorily notifiable disease in [Prevention and Control of Disease Ordinance](#). According to [Occupational Safety and Health Ordinance](#), employer must provide a working environment for employees that is safe and without risks to health. Therefore, employer must ensure good workplace hygiene and implement preventive measures for Influenza A H1N1 and other infectious diseases. These include regular cleaning and disinfection of workplace, provision of training and information on personal hygiene and infectious disease prevention for employees, in order to ensure their healthiness. The followings are preventive measures for Influenza A H1N1 and other relevant information:

Preventive Measures

- Keep hands clean and wash hands properly. Alcohol-based handrub is also effective when hands are not visibly soiled.
- Avoid touching mouth, nose or eyes.
- Wash hands with liquid soap promptly if they are dirtied by respiratory secretions, e.g. after sneezing or coughing.
- Cover nose and mouth when sneezing or coughing.

- Do not spit. Always wrap nasal and mouth discharges with tissue paper, and dispose of the tissue paper properly in a rubbish bin with a lid.
- Wear a mask when respiratory symptoms or fever develop. See a doctor right away.
- Do not go to work or school if you develop influenza-like symptoms.

Legislation and Code of Practice

- [Occupational Safety and Health Ordinance](#) (Cap. 509)
- [Prevention and Control of Disease Ordinance](#) (Cap. 599)

Publications

Books:

- [Prevention of Biological Hazards](#) (Published by OSHC, Chinese version only)
- [Implementing Workplace Hygiene Programme](#) (Published by OSHC)
- [Safety & Health Hints for Elderly Home Workers](#) (Published by OSHC, Chinese version only)
- [Occupational Health Protection Program](#) (Published by Labour Dept., Chinese version only)

Leaflets:

- [Influenza Prevention in Workplace](#) (Published by OSHC, Chinese version only)
- [Guidelines for the Safe Use of Common Chemical Disinfectants](#) (Published by OSHC)
- [Safety and Health for Hawkers in Wet Markets](#) (Published by OSHC)
- [The Use of Bleach](#) (Published by Centre for Health Protection)
- [Guidelines for Hand Hygiene](#) (Published by Centre for Health Protection)
- [Management Avian Flu in Residential Care Homes for Elderly](#) (Published by Centre for Health Protection)
- [Health Advice for Passengers using Public Transport on the Prevention of Influenza](#) (Published by Transport Dept.)
- [Health Care Services Occupational Safety & Health Guide - Occupational Hygiene of Workers](#) (Published by Labour Dept., Chinese version only)

Poster:

- [Maintain Personal and Workplace Hygiene Stay away from influenza](#) (Published by OSHC)
- [Workplace Hygiene](#) (Published by OSHC)
- [Prevention of Human Swine Influenza](#) (Published by Centre for Health Protection)
- [Guard Against Infection Always Wash Your Hands](#) (Published by Centre for

Health Protection)

- [Maintain Cough Manners](#) (Published by Centre for Health Protection)
- [When to Wash Our Hands](#) (Published by Centre for Health Protection)
- [Five Steps for Proper Hand Washing](#) (Published by Centre for Health Protection)

Videos:

- [Operation Health-At-Work : Prevention of Infectious Diseases \(1. Main Chapter\)](#)
(Published by OSHC)
- [Operation Health-At-Work : Prevention of Infectious Diseases \(2. Elderly Homes\)](#)
(Published by OSHC)
- [Operation Health-At-Work : Prevention of Infectious Diseases \(3. Cleaning Trade\)](#) (Published by OSHC)
- [Operation Health-At-Work : Prevention of Infectious Diseases \(4. Maintenance Work\)](#) (Published by OSHC)
- [Operation Health-At-Work : Prevention of Infectious Diseases \(5. Transport & Physical Distribution Industry\)](#) (Published by OSHC)

Training Courses:

- [Basic Infection Control at Work](#)
- [Prevention of Biological Hazards in Workplaces](#)

Personal Protective Equipment

- [Biological Hazards-Prevention and Personal Protection](#) (Published by OSHC)
- [OSH Products & Services Suppliers Directory](#) (Published by OSHC)
- [Use Mask Properly](#) (Published by Centre for Health Protection)