

## Simple actions to fight against the spread of influenza H1-N1

### Risk of Pandemic Influenza A/H1N1 - Information Note

Under the provisions of **World Health Organization**, monitoring of outbreaks from different parts of the world provides sufficient information to make some tentative conclusions about how the influenza pandemic might evolve in the coming months.

**WHO** is advising countries in the northern hemisphere to prepare for a second wave of pandemic spread. Countries with tropical climates, where the pandemic virus arrived later than elsewhere, also need to prepare for an increasing number of cases.

In all sports and in our case, Archery, the sports federations to ensure the health of their redundant and therefore take the necessary steps, including as regards the training program and competition schedule and sporting events they organize or authorize.

The reentry period is favorable for the restart of consolidation in our associations, initiations towards the public, organizing training's, competitions start indoors ...

In addition to the international risk prevention of influenza A H1N1, we as archers recall the measures taken by the association leaders to ensure maximum prevention of the pandemic risk.

### Anticipation and prevention

The H1N1 virus is highly infectious. We must therefore avoid contact with people with flu symptoms.

It is essential to adopt rules of individual and collective hygiene to reduce the risk of contamination. Here are some simple actions that will limit the risk of transmission ...

#### **Nose blowing, sneezing, sputum, cough:**

- Covering the mouth whenever coughing,
- Cover your nose and mouth every time you sneeze,
- His nose in tissues, single-use
- Do not spit in a tissue disposable.

#### **Wash hands regularly: at least 30 seconds with:**

- Liquid soap and dry with a disposable towel,
- Close the valve by protecting the hand with a tissue
- Use any product hydro-alcoholic.

This gesture must be repeated often during the day.

#### **Routinely wash hands after the toilet, blowing your nose, coughing, sneezing, spitting ...**

- Before eating,
- In returning home.

The combination of scrubbing / rubbing / rinsing is important.

Association leaders, organizers, employers: Make sure that the equipment you use are equipped for everyone to ensure their personal cleanliness, especially in toilets and sinks.

#### **The use of masks:**

The mask is designed to protect others by avoiding projections coughing, talking, sneezing ... Health authorities recommend the mask FFP2 disposable. The mask is recommended for people exposed to the virus.

## **Collective preventive measures to take in sports facilities (or any other place open to the public):**

- The premises must be regularly aerated,
- The space must be maintained and cleaned more intensively and daily
  - .Common areas (locker rooms, lobby, switches, door handles ...)
  - .Sanitary facilities,
  - .Surfaces and work equipment (desks, computers ...).
- Provide hand wipes, disposable paper, garbage bags with plastic lid and operated.

### **What to do:**

#### **1. Symptoms:**

Fever over 38 ° C  
Cough, difficulty breathing  
Fatigue, body aches.

#### **2. What to do:**

Isolating  
Make him/her wear a surgical mask  
Make him/her go home  
Contact him/her doctor. If the signs are severe, call to your doctor.

#### **3. Beyond 3 cases:**

Contact the local organizing health care and epidemiological investigation  
Only cases with signs of gravities are hospitalized

more Information in <http://www.who.int/en/>