



To all members and affiliates of the Folkwang  
Hochschule

Essen, 22 September 2009

## **Preventative information about the "Swine flu" pandemic**

Dear Ladies and Gentlemen

The management of the Hochschule has set up a crisis committee that is asking you to comply with the following instructions that should help to prevent infection with swine flu:

- Please comply with the hygiene measures published in the press such as washing your hands more often, coughing hygienically on the inside of your arm, avoiding greeting rituals with kissing and hugging, airing closed rooms regularly and keeping your distance.
- For additional protection use hygiene masks that you can obtain from the porter.
- Protect yourself and your environment by looking out for the first symptoms of infection with swine flu in yourself and in other people
- In case of suspicion inform a doctor or tell other Hochschule members to inform a doctor
- Using the **central telephone no. 0201/4903-201** notify us that you suspect swine flu in yourself or in other Hochschule members



- Also using the **central telephone no. 0201/4903-201** notify us that you suspect swine flu among your family members

- **In the last two cases do not come to the Hochschule but wait for instructions from your superior.**

In the event of an accumulation of cases of illness further instructions will be published about the pandemic.

Yours faithfully

Michael Fricke

Enclosure



## New Influenza A/H1N1

### Infection and duration of illness

According to current scientific knowledge this new influenza virus, like annually recurring influenza, is spread to other people in droplets (coughing, sneezing etc.). Usually it takes about one to seven days until the first symptoms of the illness appear after infection. It is important to know that viruses can be egested as early as one day before the start of the illness, when you still feel healthy and well, and other people can be infected. The flu virus continues to be egested by the patient for up to seven days after the start of the illness (in children even up to ten days).

### Disease patterns and course

The typical symptoms of the illness are detailed below:

- \_ Suddenly feeling unwell
- \_ Fever  $\geq 38$  °C or shivering
- \_ A running or blocked nose
- \_ A sore throat
- \_ Coughing or shortness of breath
- \_ Muscle, limb and/or head aches



## What you must do

Because it cannot be said with any certainty whether you have actually been infected or whether you will become ill with the disease you should follow the following precautionary recommendations.

**Please check if one or more of the symptoms detailed above affect you in the next 7 days!**

If you notice one of these symptoms of the illness in yourself:

Call your doctor immediately and inform him or her about your symptoms and they will tell you what to do.

Please also inform the Gesundheitsamt (Health Authority) where you live without delay, they will be available to you with further advice.

Reduce your contact with other people as much as possible.

Please ensure you carry out good personal hygiene to reduce the risk of infection.