

Infection Prevention and Control

H1N1 Flu Virus and other influenza viruses are spread mainly through direct contact with the virus (someone coughs and sneezes onto the mouth, nose, or eyes of another person) or by direct contact on hands that have touched contaminated surfaces. The following routine infection control practices are recommended to control the spread of influenza viruses:

A) Hand Hygiene

Hand hygiene is one of the most important measures in preventing the spread of influenza viruses in the community.

Generally hand hygiene should be performed before and after eating (and preparing food), after using the washroom, and when hands are visibly soiled. If a person is in contact with someone with ILI, hand hygiene should be performed as soon as possible after contact.

- i) Soap and Water:* Facilities for hand washing with running water, soap in a dispenser (not bar soap) and paper towels should be located at several sites around the Games' facilities. Facilities should be available for hand hygiene in places such as dining area and other areas where participants congregate.
- ii) Alcohol-based hand rub:* The use of waterless alcohol-based hand rub (ABHR) containing between 60-90% alcohol is an excellent alternative to hand washing with soap and water when hands are not visibly dirty and when the product is used according to the directions on the bottle.

B) Respiratory Etiquette

All Participants should cough and sneeze into the elbow or shoulder rather than the hands. If a tissue is used it should be discarded after a single use and hand hygiene performed.

C) Screening Participants for Illness

All Participants should be questioned about ILI upon orientation or preferably before leaving home to attend the CG2009.

Participants who meet the criteria for ILI should be excluded from the Games before entry.

If the Participant does not have ILI symptoms, they should be asked if they have had contact with a person with ILI symptoms within the past week. Those who answer yes to this question should be monitored closely for the development of symptoms.

Once the Games have begun, all participants should be monitored for symptoms of ILI, ideally on a daily basis.