

As swine flu is primarily a local Health and Safety issue, you need to follow the specific procedures and policies of the client site at which you are working.

In the meantime, if you think you may have caught the virus - [see HSE checker](#), please follow these instructions:

- Stay at home - please do **not** go to the work site
- Telephone HSE or your local GP
- Give your symptoms and follow their advice. If they diagnose swine flu:
- Follow the medical advice you are given
- Telephone your IRC/Griffin Account Manager and your line manager at the client site
- Remain off work until you have been symptom free for at least 48 hours (or longer if specified by the client)

Thank you for your support and attention in this matter. It is important that we continue to do everything we can to stop the virus from spreading so please practice good respiratory & hand hygiene as reminded below:

- Cover the nose and mouth when coughing or sneezing, using a tissue when possible.
- Dispose of dirty tissues promptly and carefully.
- Maintain good basic hygiene, for example washing hands frequently with soap and water to reduce the spread of the virus from your hands to face or to other people.
- Clean hard surfaces (e.g. door handles) frequently using a normal cleaning product.