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Alberta Health
Services

Bulletin for Physicians
Pandemic (H1N1) 2009

Date: October 16, 2009
To: All Alberta Physicians
From: Dr. David Megran, Senior Physician Executive, Alberta Health Services
Re: Prevention and Management of Physician Exposure to Pandemic (H1N1) 2009

Self-Assessment:

Physicians should perform daily self-assessment for symptoms of influenza and should not work if they are experiencing an Influenza-Like-Illness (ILI):

- **Physicians who develop symptoms must not continue to provide patient care or remain on duty.**
- Physicians whose service responsibilities:
 - **Include patient care in AHS facilities should report their illness to their Department Head or Zone Medical Director and Occupational Health Services (OHS).**
 - **Do not include patient care in AHS facilities may report their illness to their Department Head or Zone Medical Director and Occupational Health Services (OHS).**
- Physicians who have developed ILI should perform respiratory etiquette, and should seek early antiviral treatment as soon as possible.
- Vaccinated individuals should continue to use Personal Protective Equipment (PPE) to protect against new strains of influenza virus and other infectious respiratory agents.

Ill or Symptomatic Physicians:

Whether related to workplace exposure, or exposure in the community or home, any physician who exhibits influenza symptoms, should follow the guidelines described above under Self Assessment.

- Physicians who are not receiving treatment must be off work seven (7) days after the onset of symptoms.
- Symptoms such as cough may continue for longer than seven (7) days. However, **if a physician is otherwise healthy**, he/she is unlikely to still be infectious after seven (7) days following the onset of symptoms; it is appropriate for him / her to return to work.
- People who receive antiviral treatment may be infectious for a shorter time. Physicians who receive antiviral treatment may return to work as soon as their symptoms resolve **and** after they have received *at least* three (3) full days of treatment.

Medically Compromised or Pregnant Physicians:

- Medically compromised or pregnant physicians **should not** work in designated influenza assessment clinics, hospital influenza units or be present while an aerosol generating medical procedure (AGMP) is being performed on a patient suspected or confirmed to have Pandemic (H1N1) 2009.
- More information for medically compromised or pregnant physician can be found at the link provided below.

For More Information:

<http://www.albertahealthservices.ca/files/ns-physician-guidelines.pdf>