

Museum Towers

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Pandemic Flu and Contagious Diseases **Internal Action Plan**

Introduction:

This booklet is created as a precaution in the event of pandemic flu or other extremely contagious diseases which may arise in Sydney.

As there is a vast amount of human traffic within Museum Towers for both residential and commercial use, the event of contagious disease poses a great threat to stakeholders and visitors of the building.

The Australian government and the Sydney City Council has procedures in place in the event of such outbreaks and the instruction of these authorities will be followed by all staff at Museum Towers. However, in the event of an outbreak, it is also important to have an internal plan for the ongoing use of Museum Towers.

Museum Towers is registered with 'Sydney Alert', which is a system that notifies managers of buildings in the central city and surrounding areas of emergencies which may affect them, and provides recommended instructions from relevant authorities such as Police, Fire Brigade and Ambulance. Notification of these updates is received via phone and text message and will be passed on to those in, or entering, Museum Towers as is instructed by the relevant authorities. This may mean preventing people from entering the building and/or alerting people not to leave the building due to a variety of possible emergencies from terrorism, fire, disease, riots and other potential threats.

For the preparation of any contagious diseases, or for any emergencies, it is important to be aware of the possible threats, actions and precautions to be taken, but at the same time not to be too alarmed and panic.

Contagious Disease Action Plan

Action Plan- Contagious Disease

(Internal for Museum Towers only- subject to Government and Authority advise)

The stages work in a sliding scale so if stage 2 is reached, all the directions in stage 1 should also automatically apply as well as directions from stage 2.

STAGE 1- Precaution

*The precaution stage should be implemented if disease (eg- 'Bird Flu') reaches Australia and if there is a risk of catching it from infected birds or that the virus may mutate to spread between humans.

- Care should be taken not to unnecessarily dwell in areas at high risk of spreading infection such as hospitals or large social gatherings.
- Great care should be taken when traveling or coming into contact with travelers. This can include someone traveling from ANY country and even from interstate.
- Any flu-like symptoms should be addressed immediately by going to a doctor. Museum Towers has the advantage of being located near many medical centres, hospitals and pharmacies. A list of doctors is included in this plan and contact numbers for local medical centres can also be found with the front desk.
- If you feel ill, it is a good idea to limit interaction with other people as much as possible to prevent unnecessary spread and/or contamination.
- Hands should be washed regularly, especially after passing through common areas and coming into contact with public surfaces. Normal soap is considered effective to wash hands with but this must be done thoroughly and thus limiting the spread of germs in common areas by being sanitary and hygienic.
- It may be recommended not to eat bird and egg products as contamination or insufficient cooking may result in spread of the disease.
- Care should be taken to properly wash all food and groceries, or items purchased as these may carry germs and spread disease.
- All meat products should be cooked well.
- Care should be taken to dispose of all waste properly and cleanly by sealing in tied bags, and enclosing in a second bag. No sharp implements should be at risk of protruding from rubbish and harming others.
- Museum Towers will abide by any implementation of plans put in place from the government and emergency services.

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STAGE 2- Restrictions

*The Restriction stage comes about when many cases of Disease (EG- 'Bird Flu') start to arise and that human – to - human contamination is possible. Everyday actions such as working may still be necessary but restrictions may be put in place.

- Meetings (where necessary) should be carried out via email and written correspondence as much as possible - the agendas and correspondence between owners, etc may need to be relocated to the website server via messages or a forum post.
- Wherever possible - regular updates of the status of the emergency and directions for those inside Museum Towers will be posted on the web page and may also be posted in/on common property areas, dependant on the level of risk. Regular information sheets indicating the status of the pandemic or health risk will be put under doors to keep residents informed wherever possible.
- A vigorous cleaning regime be implemented for all common property areas
- Contact with staff is to be made by phone wherever possible.
- Staff to ensure that no-one congregates in areas such as the foyer.
- Only emergency items such as failed electricity, fire, water supply issues, waste disposal etc will be attended to. Non-essential items such as TV reception will not be attended to.
- Recreational facility areas will be closed including the gym, pool and spa, BBQ areas, squash and sauna. These areas will be locked and cannot be booked for use as they would promote the spread of disease.
- Antiseptic hand rub will be located in/on common property areas for people to rinse their hands with
- In the event that someone is suspected of being a “high risk” of contamination or carrying the virus - management staff of Museum Towers should be notified immediately.
- Elderly and disabled persons, and those with children should contact the front desk if they feel they may need assistance or that they may need medical advice.
- Deliveries and couriers maybe limited in accessing the building.

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STAGE 3- Quarantine

*The Quarantine stage comes about when human- to- human contamination is likely. By this stage, social limitation would have been implemented by the government and there is a high risk of being contaminated and the virus is considered to be spreading. Public movement may be forbidden.

- Air conditioning and heating units may spread the virus. The air conditioning treatment tower at Museum Towers is currently treated monthly and complies to standards. In the event of an outbreak, it is uncertain as to whether the tower will continue to be treated monthly or whether this will be more regular. It may be turned off completely.
- Management, Security, Cleaning and trades staff may be restricted or forbidden from entering the building. In this instance, the by laws and the action plan should be adopted along with any government or council systems so that the building continues to function with some order and Management may be contacted by phone or email via the web page.
- Masks and gloves will be necessary for anyone entering or exiting the building.
- Unnecessary services or trades will be denied entry to the building. Only those attending to urgent provision of services will be allowed access.
- Visitors will not be allowed access to the building. Only residents will be allowed access.
- Front foyer doors will be locked so key swipe access is necessary
- Visitors parking will not be accessible
- The best measures to prevent contagious diseases should they be able to be passed on between humans is to limit close contact with other people as much as possible. Surgical masks or handkerchiefs can be used to cover the mouth and goggles to cover the eyes. Latex gloves should be worn on the hands and hands should be washed thoroughly and frequently in hot water with soap or disinfectant.

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IN CASE OF EVACUATION

*It may be necessary to evacuate the building at some stage. This should be done in an orderly manner. In the instance that evacuation is necessary when contagious disease is evident, the following steps should be followed.

- Remain calm and do not panic
- Try to cover your mouth, eyes and hands before vacating
- Dress to protect your entire body and you may need to boil some water and pack a variety of clothing items, soap and sanitary items
- Advise authorities if you need help to vacate due to being ill, elderly or disabled
- Secure your home upon leaving
- Limit contact with others while vacating
- It may be necessary to evacuate via the stairs. Please do this with care and do not obstruct the exit doors or prevent others from being able to vacate in any way
- Alert authorities to anyone who you suspect is not evacuating or may be having troubles evacuating

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CONTACT DETAILS

Doctors and Medical Centres

- Castlereagh St Medical Centre (5 days)- 9283 1234
- Medeco Medical Centre- World Square Priceline(5 days)- 9264 8500
- Sydney Medical Centre- 92619280
- Park Medical Centre- Park St- 9264 4488

Hospitals

- St Vincents- Darlinghurst- 8382 1111
- Sydney Hospital- Macquarie Street- 9382 7111
- Prince of Wales Hospital- Randwick- 9382 2222

Emergency Services

- Police/ Fire/ Ambulance- 000
- Local Police- 9265 6499
- Local Fire Brigade- 9265 2799

Council

- General line- 1300 651 301

Museum Towers

- Front Desk- 24hrs, 7 days- 9267 1832

Avian Influenza (Bird Flu):

At the time of printing, the Avian Flu was not in Australia and this flu could not be contracted from human to human.

Eating properly cooked eggs and chicken is not seen as a possible threat to cause bird flu, however, coming into contact with infected birds can infect a human. Transmission to humans occurs predominantly through the handling of live infected birds or close contact with them or their excretions. Travelers or those who have come in contact with travelers could be at risk.

Bird Flu could arrive in Australia at any time and may mean that many birds will need to be killed and disposed of properly (not sold or eaten). The virus has the possibility of mutating and becoming more easily transferred from human to human or via the air. It may mutate by 'breeding' or combining with another virus, or it may simply evolve. Should the virus mutate and become transferable between humans, this is of great concern to the country and could mean that many people across the world will die.

As with most flu, Avian Influenza is typically spread through minute particles which travel through the air carrying the germs and viral bodies to other people or onto surfaces. It is usually transferred through bodily fluids such as saliva or blood. It is typically spread through sneezing, coughing or close physical contact such as kissing. The disease can survive in water for days or weeks but is destroyed at around 60- 70 degrees (or normal cooking temperature).

Signs and symptoms of Avian Influenza include fever, sore throat, respiratory distress, pneumonia and in many cases death. It could easily be mistaken for a typical flu.

It is estimated that a typical flu infects between 5- 15% of people who have live and work in a metropolitan area. An outbreak may cause millions of deaths worldwide and many more will be sick.

The flu may never eventuate to a human pandemic, however it is important to be informed and alert about the risks of this, or any potential outbreak so that appropriate action can be taken immediately. The government has systems in place for an outbreak but no amount of planning can prepare for the unknown possibilities of what an outbreak may be like.

If a cluster of people show symptoms of the disease (which will usually be reported by the media) then this will be an early warning sign of an outbreak. An outbreak can start anywhere but the risk of contamination and wide, fast spread is most likely in densely populated areas such as cities which makes containment difficult.

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In the event of an outbreak, it is unlikely that a fully effective vaccine will be available and that there will be enough of a vaccine to treat all infected people. A proper vaccine may take months to develop. There is currently a vaccine suitable for the current strain of bird flu and the government holds this in the 'National Medicine Stockpile'. In the event of outbreak, the CHO of an infected area must provide written request to access supplies from the stockpile. The request will be assessed before any vaccines or medications will be issued.

The government may put forward recommendations or limitations on public gatherings and take measures to close schools, churches and implement a national 'stay home' or curfew system in the event of an epidemic threat. Those showing symptoms or who have been in contact with infected persons may be placed in quarantine. These actions may help to slow the spread of the disease.

The NSW Ambulance holds their own stockpiles of vaccine for the current strain of Bird Flu and will be vaccinated upon risk in Australia to enable them to continue treating patients with less risk of contamination.

For more information on Avian Influenza, and the government plans in case of appearance in Australia, see the following links.

Resources:

For more information see the following web pages:

www.who.int/csr/disease/avian_influenza/avian_faqs/en/index.html

www.who.int/mediacentre/factsheets/avian_influenza/en/index.html

www.who.int/csr/disease/influenza/WHO_CDS_2005_29/en/

www.who.int/csr/resources/publications/influenza/en/CDS_CSR_GIO_2005_4.pdf

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Foot & Mouth Disease

Foot and mouth disease is typically spread between animals via saliva, mucous, milk, blood etc and usually only affects those who come in close contact with affected animals.

The infected animals are usually hooved species such as cows and pigs, horses are not affected but can carry the virus on their skin and pass it on to others. Likewise, dogs and cats are not known to have the disease.

When humans are infected, they suffer flu like symptoms but can also have lesions and marks on the skin.

It is very rare that someone will die from foot and mouth disease and the current information notes that you cannot get infected by eating meat of animals infected with the disease. However, like bird flu, no-one can know whether the virus could mutate to a more easily transmittable form. The symptoms of foot and mouth disease can be painful and can spread quiet easily via surfaces and human to human contact.

Foot and mouth disease is quiet common in many Asian countries such as Malaysia so anyone travelling to these countries should be particularly cautious and check the status of the disease in that country before visiting there.

Resources:

For more information see the following web pages:

www.agric.nsw.gov.au/reader/6543

<http://www.daff.gov.au/content/output.cfm?ObjectID=D2C48F86-BA1A-11A1-A2200060B0A00581>

<http://www.foodstandards.gov.au/mediareleasespublications/factsheets/factsheets2001/updatedanzfafaactsabo276.cfm>