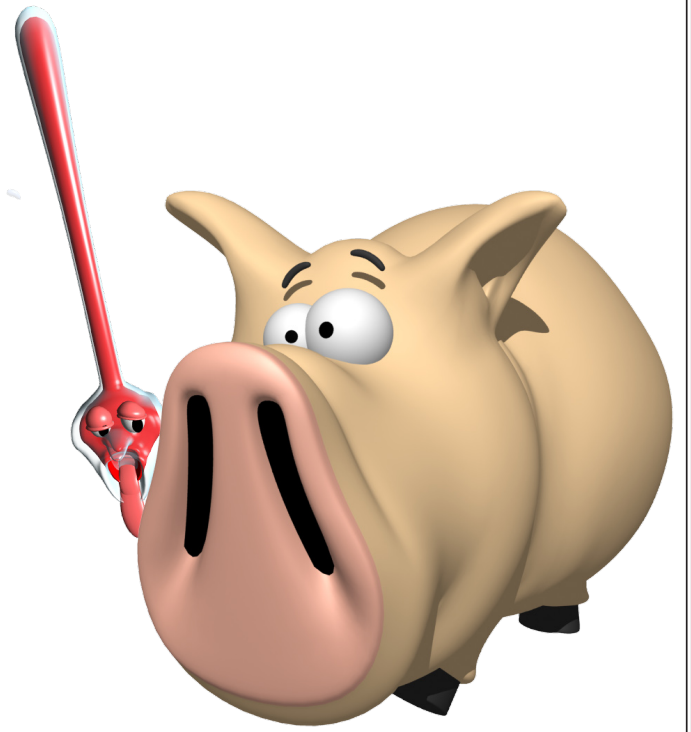


# What to Do... About Swine Flu at Work

## Stay home if you are sick with influenza-like illness:

For example, fever or chills AND cough or sore throat.

In addition, symptoms of flu *can include* runny nose, body aches, headache, tiredness, diarrhea, or vomiting. The CDC recommends that sick workers stay home if they are ill with influenza-like illness until at least 24 hours after they are free of fever (100° F [37.8° C] or greater) or signs of a fever without the use of fever-reducing medications. This would require employees to stay home for 3 to 5 days in most cases. The CDC recommends this time period away from work regardless of whether or not antiviral medications are used.



## Wash your hands frequently with soap and water.

Wash for 20 seconds or use an alcohol-based hand sanitizer if soap and water are not available.

## Avoid touching your nose, mouth and eyes.

Most people infect themselves by touching their eyes, nose or mouth with germ-ridden hands.



## Practice Good Respiratory Etiquette

Cover your coughs and sneezes with a tissue, or cough and sneeze into your upper sleeve. Dispose of tissues in no-touch trash receptacles immediately.



## Wash your hands or use an alcohol-based hand sanitizer after coughing, sneezing, or blowing your nose.

## Keep frequently touched common surfaces clean.

For example, telephones, computer equipment, etc.



## Try not to use other workers' equipment

This includes phones, desks, offices, or other work tools and equipment. If necessary, consider cleaning them first with a disinfectant.

## Maintain a healthy lifestyle;

Pay attention to your rest, diet, exercise, and relaxation helps maintain physical and emotional health.

## Get vaccinations for yourself and your family

This year you and your family should be vaccinated twice, once for seasonal flu and a second time for Sine Flu (H1N1). Your vaccination protects others at home and at work.

## Keep your distance

Try to stay 3 feet (~ 1 meter) or arm's length from other employees and customers.

## Promote Flu Awareness

Make sure your friends and family know about Swine Flu and seasonal flu so that they can help prevent the spread of these illnesses.

