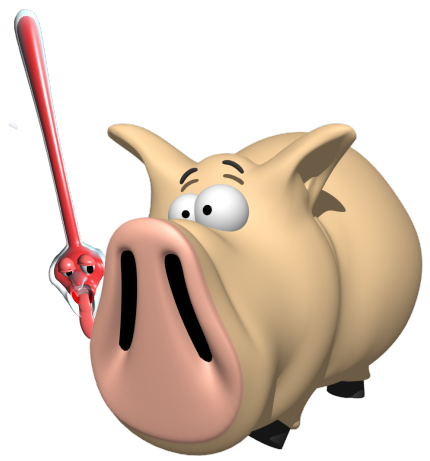


What to Do... About Swine Flu at Work

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.

