

The Flu And your workplace



1 Flu is Serious

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

2 Practice Good Hygiene

- Cough/sneeze into your sleeve or tissue – NOT your hands.
- Wash your hands often or use hand sanitizer.
- Keep your hands away from your face, nose and mouth.
- Clean surfaces and items that are more likely to have frequent hand contact.
- Frequently clean all commonly touched surfaces in the workplace, such as workstations, countertops, and doorknobs
- Take extra hygiene measures when shared food, such as a potluck.

3 If You Are Sick, Stay Home

Be alert to any signs of fever and any other signs of influenza-like illness before reporting to work each day.

If you are sick, stay home until at least 24 hours after you are fever free (100° F [37.8° C] or greater), or signs of a fever, without the use of fever-reducing medications.

If there is a sick person in your home, you may still go to work, but be aware of developing any flu symptoms.

Symptoms of influenza-like illness include fever or chills *and* cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

4 Vaccines Work

The CDC strongly recommends that individuals receive BOTH the 2009 H1N1 Flu and Seasonal Flu vaccine to protect themselves from serious flu complications.

Those most at risk for flu complications, include pregnant women, people who live with or care for children younger than 6 months of age, healthcare and emergency medical services personnel, persons between the ages of 6 months and 24 years old, and people 25 through 64 years of age who have certain high risk medical conditions.

It is safe to receive both vaccines. Please do not wait for the 2009 H1N1 vaccine to become available to get your Seasonal Flu shot.

For more information or vaccine locations, please call the Arizona Flu Hotline:

1-877-764-2670

www.StopTheSpreadAZ.org

