

Prevent H1N1 At Work



Businesses and employers play a key role in protecting employees' health and safety, and can minimize the risk of potential exposure, illness, and spread of H1N1 (also known as novel influenza A or swine flu).

- ◆ **What are the symptoms of H1N1?** Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. May also experience diarrhea and vomiting.
- ◆ **How is H1N1 spread?** Like the seasonal, flu the virus is spread mainly from person to person, through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their eyes, mouth or nose.
- ◆ **What can employers do to protect employees?**
 - Encourage sick workers to stay at home
 - Encourage infection control practices by displaying posters about hand washing, respiratory hygiene and cough etiquette
 - Provide written guidance on H1N1 to employees
 - Meet with any sick worker and ensure they understand the public health guidance
 - Provide sufficient facilities for hand washing and alcohol-based sanitizers
 - Provide disinfectants and disposable towels for employees to clean their work area
 - Disinfect commonly-touched hard surfaces in the workplace.
- ◆ **What can employees do to protect themselves?**
 - Stay home for at least 24 hours after they are fever free (100°F or higher).
 - Cover your nose and mouth with a tissue when you cough or sneeze
 - Wash your hands often with soap and water, especially after you cough or sneeze
 - Avoid touching your eyes, nose or mouth since germs spread this way.
 - Avoid close contact with sick people. If you have an ill family member or co-worker, you can go to work as usual, as long as you are not displaying symptoms.

For more information, please visit
www.kchdvw.org/h1n1 or
www.cdc.gov/h1n1flu/.

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