

SAFETY & HEALTH AWARENESS SHEET

GUIDELINES FOR REDUCING THE SPREAD OF INFLUENZA-LIKE ILLNESS

INTRODUCTION

There are a wide variety of seasonal influenza and flu-like illnesses that can impact the workplace. Seasonal and novel influenza H1N1, previously referred to as "swine flu," are among the most widely known. This Safety & Health Awareness Sheet has been developed to educate personnel on signs, symptoms and preventative measures to avoid catching or spreading the flu.

SYMPTOMS

In general, symptoms of seasonal influenza or novel influenza H1N1 can include the following:

Fever > than 100°F	Chills
Cough	Headache
Sore throat	Fatigue
Runny or stuffy nose	Body aches
Decreased appetite	Diarrhea
Nausea/vomiting	

Symptoms of novel influenza H1N1 may disproportionately affect young people age 25 and below, whereas the seasonal flu affects those age 65 years and older

Like seasonal flu, novel influenza H1N1 may worsen underlying chronic medical conditions. People at higher risk of serious complications from seasonal or novel influenza H1N1 include:

- Children younger than 5 years old
- Pregnant women
- People of any age with chronic medical conditions, such as asthma, diabetes, or heart disease
- People with weakened immune systems

If you are at higher risk contact your healthcare provider regarding possible preventative measures (e.g., antivirals, vaccines, etc.).

ACTIONS

How is influenza spread?

Flu viruses are spread mainly from person to person through coughing, sneezing or touching. You may infect yourself by touching contaminated surfaces and then touching your eyes, nose or mouth.

People infected with influenza may infect others before symptoms develop and after becoming sick.

Take these steps to protect yourself and others:

- Wash your hands often with soap and water or an alcohol-based hand cleaner. This is especially important after you cough, sneeze or use the bathroom. Always wash your hands prior to entering the crafts service/catering areas!

Additionally:

- Avoid touching your eyes, nose or mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use.
- Cough or sneeze into your upper sleeve if you do not have a tissue.
- Avoid close contact with people exhibiting signs of influenza.
- If you are sick with a flu-like illness, the Centers for Disease Control (CDC) recommends that you stay home for at least 24 hours after your fever is gone (without the use of fever-reducing medicine).
- Sanitize your hands before touching crafts service equipment, including inside ice chests, the handles of serving utensils or other commonly shared surface.
- Regularly sanitize commonly touched surfaces (i.e., door handles, phones, tools, handrails, etc.) with alcohol or bleach solutions.

WHEN TO GET MEDICAL HELP

If you are at risk of serious complications and you become ill with any of the symptoms below, you should contact your health-care provider immediately.

See emergency medical care if you experience any of the following symptoms:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve, but then return with fever and worsening cough
- Decreased urination

ADDITIONAL INFORMATION

<http://www.flu.gov>
<http://www.cdc.gov/flu/>
<http://www.who.int/en/>
<http://www.hhs.gov>

PROTECT YOURSELF BY WASHING YOUR HANDS FREQUENTLY!

PROTECT YOUR CO-WORKERS BY COVERING YOUR COUGH!