

# **SWINE FLU – STAY HEALTHY**

As reported by the CDC, there is increasing concern about the spread of Swine Flu within the United States. It is important that we continue to maintain a safe and healthy work environment for everyone. Please read the following information and recommendations on what you can do to prevent becoming sick, and what you should do if you think you may have flu symptoms.

## **Prevention**

### **1. Clean your hands.**

Washing your hands often will help protect you from germs. When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers.

### **2. Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

### **3. Avoid close contact.**

Avoid close contact with people who are sick.

### **4. Practice other good health habits.**

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

## **Symptoms**

Symptoms are similar to those experienced with regular seasonal flu:

- Fever
- Lethargy
- Sore throat
- Dry cough
- Muscle aches
- Lack of appetite

and may also include:

- Runny nose
- Nausea
- Vomiting
- Diarrhea

## **If you think you may be sick**

### **1. Stay home**

Stay home from work, school and errands when you are sick. You will help prevent others from catching your illness. Contact your Office Administrator if you think you, or family members may have flu symptoms. We may ask you to remain home for seven days from the onset of those symptoms, and absence of fever, to ensure that there is no possibility of contagion.

### **2. Is it swine flu?**

You cannot tell just by these symptoms, as they are similar to regular seasonal flu. If symptoms persist or get worse, you should seek a doctor's advice. To determine if you have swine flu, the doctor will need to collect a respiratory specimen within the first 4 to 5 days of illness for testing.

### **3. Keep your distance**

If you are sick, keep your distance from family members, co-workers and others to protect them from getting sick too.

### **4. Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

We will continue to monitor the media for CDC and local agency recommendations. For additional information and updates you can check the Centers for Disease Control and Prevention website at

<http://www.cdc.gov/swineflu>